

BLUE WHITE



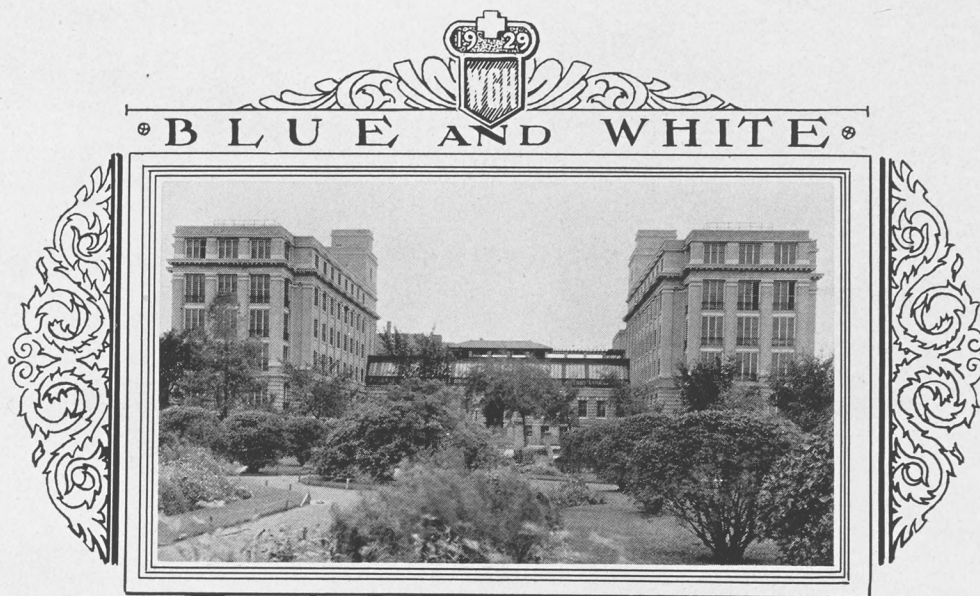
Wilma Wortman,
385 Carlton St.,
Wpg. Man.,
Dec. 26/32

Joe Wade,
118 College St.,
St. James,
Man.
Dec. 26/32



WILMA Wortman,
385 Carlton,
Wpg. Man.

Dec 26/22



BLUE AND WHITE

1929

*The Winnipeg General
Hospital*



Class

10

<i>President</i>	ELIZABETH BYERS
<i>Vice-President</i>	JEAN MACHRAY
<i>Secretary-Treasurer</i>	VERNA KINGSBURY
<i>Social Convener</i>	PHYLLIS WEBSTER

BLUE AND WHITE

Foreword - - 1929

Contrary to your expectations how quickly the three years have gone by. What has been their contribution?

A trained hand guided by a "knowing why" brain; a joy resulting from the conquest of difficult tasks, there is no joy like it; the growth of heart and mind to see how much the world needs service; the opportunity to cultivate the "minor arts of humour and good humour, anticipating another's wish, seeing beauty in common things or putting it there" etc.; the comradeship and laughter that have so often offset the weariness of mind and body; the opportunity to be truly happy for "happiness lies in some vocation that satisfies the soul, for we are here to add what we can to, not get what we can from, life."

JESSIE E. GRANT

BLUE AND WHITE



MISS JESSIE E. GRANT
Superintendent of Nurses

WE respectfully dedicate this, the seventh edition of "BLUE and WHITE" to Miss JESSIE E. GRANT, our Superintendent of Nurses, in appreciation of her untiring efforts both to maintain and to advance the ideals of our profession, of which her life is a constant example.

BLUE AND WHITE



MISS M. MCGILVRAY
Night Superintendent

To Our Graduating Class

It is with mingled feelings of pleasure and regret that I write this little message to you all. The pleasure lies in the fact of seeing you all accomplish the object you had in view when you entered the W.G.H. training school. I have no doubt you will continue to be a credit to your school and profession by performing whatever duties you are called upon to do diligently, earnestly and with true womanly dignity. It has been a great pleasure to have mixed with you all at different times on duty and socially.

The regret lies in the fact that daily intercourse is almost ended and the class scattered far and wide. I am somewhat richer, though, by having another class added to my treasured memories.

1929's, I wish you all success and prosperity in whatever sphere you are called to fill.

M. MCGILVRAY

BLUE AND WHITE



DOCTOR G. F. STEPHENS

*Superintendent of the Winnipeg
General Hospital.*

To whom we are indebted for his
never failing interest in us, and his
kindness to us. He has been respon-
sible for much of the pleasure and
profit of our three years of training.

BLUE AND WHITE

DOCTOR A. T. MATHERS
*Superintendent of the Psychopathic
Hospital, Winnipeg*

Under whose supervision we receive valuable training in psychiatric nursing. Dr. Mathers is an authority on this subject. His lectures on Neurology and Psychiatry were especially instructive and interesting, and we feel that we are indeed fortunate in having had this opportunity in our training.



BLUE AND WHITE

Editorial - - - Staff

<i>Editor in Chief</i>	BEATRICE CREASY
<i>Assistant Editor</i>	CLARA FORBES
<i>Business Manager</i>	MAE CAMPBELL
<i>Art Editor</i>	ELVA PRINGLE
<i>Social Editor</i>	MARJORIE ROSS
<i>Sport Editor</i>	ISABEL CAMERON
<i>Humor</i>	MILDRED BROWNELL
<i>Critic</i>	BESS A. PEARSTON

Editorial

IT is with mingled joys and sorrows that we realize that training school days will soon be over—joy to think of the great field of opportunity opening out before us—sorrow to think of being no longer a part of the institution which has meant so much for the past three years. We have had a rugged path to travel, where the faint-hearted and weary have been forced to rest or turn back altogether; yet in spite of its rough places, its ups and downs, it was strewn on either hand with bright flowers of happiness and achievement.

Doubtless our very discouragements and failures have helped us to develop patience, perseverance and resourcefulness:

*For hence a paradox, which comforts while it mocks;
Shall life succeed in that it seems to fail.*

There is an erroneous idea abroad that a nurse's training of necessity causes one to become callous and indifferent to suffering. Not so, one learns to submerge personal biases, and sympathy is expressed by self-control and service instead of tears and lamentations. One of the great lessons learned by all of us was to give up our pleasures cheerfully at the call of duty. Self-reliance and a sense of responsibility are qualities which are strengthened by our training.

Coming from all parts of Canada, from different types of homes, from school or from other vocations, we

began our probation days. Gradually we became adjusted to our new life—became welded into a class—a unified body having our spirit of comradeship and our loyalty to each other and the school strengthened day by day by the strange, sometimes joyful, sometimes saddening experiences we shared. We became one family, the members of which might scold and gossip with each other, but woe betide the unfortunate outsider who was so presumptuous! Many and never-to-be-forgotten are the friendships we have formed. We have gathered a wealth of happy memories and associations from whose store we shall draw on in the years to come.

We belong to a profession which has made rapid progress in the past few years and we believe greater things are in store for it. Let us as a class do all in our power to further its progress.

*"Let me but do my work from day to day,
In field or forest, at the desk or the loom,
In roaring market place, or tranquil room,
Let me but find it in my heart to say:
'This is my work, my blessing, not my doom
Of all who live, I am the one by whom
The work can best be done in the right way.'
Then shall I see it not too great, nor small,
To suit my spirit and to prove my powers;
Then shall I cheerfully greet the laboring hours
And cheerfully turn when the long shadows fall
At eventide, to play and love and rest
Because I know for me my work is best."*

BLUE AND WHITE



MISS E. M. FRASER

Former Assistant Superintendent of Nurses

MISS T. WIGGINS

Assistant Superintendent of Nurses

ON launching out into the unfathomed seas of ministering hope and refreshment and comfort to the throbbing mass of humanity, the graduate would fain find a magic sail that would help her ride gallantly in the teeth of the gale, to battle valiantly, victoriously with the tempest and at the last bring her safely and triumphantly to harbour. Her aspirations will work that wonder! They fling a flash athwart the broadening way of the "to-morrows" that reach away. They create the lure. They provide the purple of the distance and constitute the sunbeams that glorify the dust to-day. They make "the faces that glow with triumph and the feet that bound in the race," for they condition the actions that beautify and refine and comfort.

To one who has this vital breath—the eagerness of desire, the sound aim—there can be no bounds to usefulness or limits to her own development. The constant and direct contact with people furnishes the great requisite for growth. The determination to care for something outside herself will help her to throw off artificial needs and give her a sense of value. She is heir to what John Ruskin promises, "The sight of the peace of others and the ministry to their pain, these and the blue sky above, and the sweet waters and the flowers of the earth beneath, and the mysteries and presences innumerable of living things, these may yet be here your riches—untormenting and divine."

E. MAY FRASER

BLUE AND WHITE



MISS B. A. PEARSTON
Former Practical Instructor

MISS M. REID
Instructor of Theory

MRS. CAMP
Former Practical Instructor

MISS H. JOHNSON
Assistant Night Superintendent

MRS. GRANT MILLAR
Matron of the Home

MISS F. MacLEOD
Supervisor of Medical Nursing

Push On!

THERE was once a young maiden who started on a journey of three years' duration in company with a great host, all bound for the castle of their dreams. In the beginning they stepped lively, working with enthusiasm, for the road was smooth and the roadside made sweet with lofty aspirations and made bright by the glamour of the future.

By insensible degrees it became rougher and the host struggled to make their way. Suddenly Exam Hill rose before them; strange and austere personages crossed their path, chill words told of bleak regions beyond. Many halted saying, "It is useless to go farther, now at least we can make shift to live, beyond, who knows? Teaching little children and curling locks of hair is better far than this uncertainty."

But the young maiden only grit her teeth and pushed on. Now there was set across the road many deep valleys. One with a gate of entrance and one of departure, each swung ajar, so that one had to run quickly and pass. Yet this valley, over whose entrance blazed the letters O.R., through which all travellers must journey, was beset by fears in the shape of frightful ogres, not truly seen, but masked, gowned and capped, and those of faint heart sank on the tiles and gave up in despair.

Another valley more frightful yet; through the barred door came weird cries and blood-curdling oaths. Here a key must be used to gain admittance. They passed through. The door closed with a click leaving no lane of escape.

Mark you, many fell by the wayside, but the high-hearted maiden pushed on and stepped out on the other side, finally arriving safely with diploma and medal at the gate of her castle of dreams.

Why so fearful? Why let our three years be robbed of all the joy? We cannot by a lifetime of anxious thought add an ounce of power to limb and arm. Of all the torments that beset the journey Fear was the worst. It was so bitterly unnecessary. What was so vitally important yesterday is a trifle, a futile gesture to-day. Experience was a rough road but it opened the way to a new highway of promise and reward.

Fear, and her handmaiden Worry, never made the work run smoother. Why were we so anxious about a day of which we really knew nothing until it dawned and closed? This beneficent ignorance is what gave zest and flavor to our work. Why did we let Fear rob us of it?

Turn energy into work, follow the courageous spirit, put your hand to the latch and push on!

BLUE AND WHITE



The Reception Room

♦ ♦ ♦ ♦ ♦ BLUE AND WHITE ♦ ♦ ♦ ♦ ♦

In Memoriam



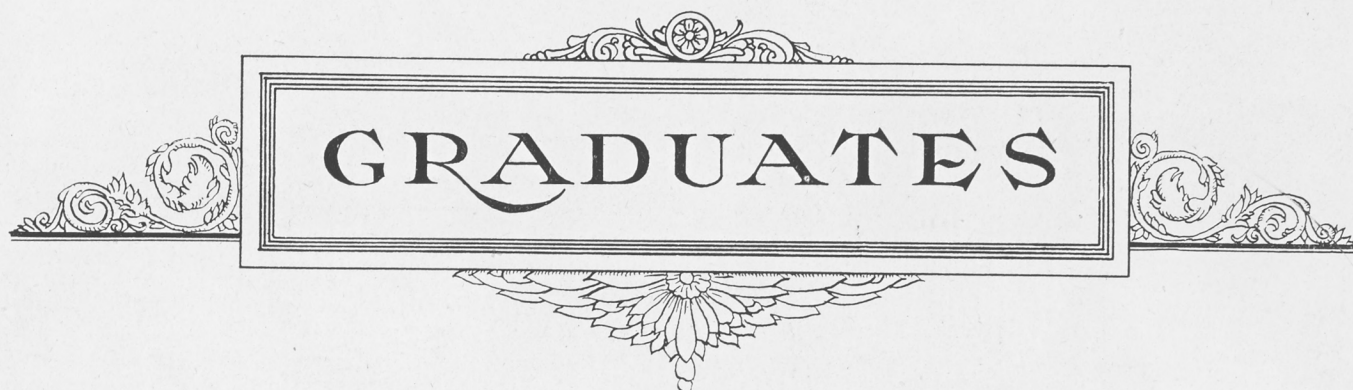
In memory of our classmate

Thelma Williams

OF

SASKATOON, SASKATCHEWAN

—
She left a memory of one both good and kind



GRADUATES



1929

BLUE AND WHITE



MARGARET AIKMAN
WINNIPEG, MAN.

Ready in heart and ready in hand.

MILDRED BROWNELL
WINNIPEG, MAN.

*Her future rises fair to view
Gleaming with morning's youthful dew
And bright with coming glory.*

ENID BROWN
MINNEDOSA, MAN.

*I do not wish thee riches or the glow of
greatness
But that where'er thou go some weary heart
may gladden at thy smile,
Some weary life know comfort for awhile.*

MARGARET ANDREW
MINNEDOSA, MAN.

*How happy is she born and taught
That serveth not another's will;
Whose armour is her honest thought
And simple truth her utmost skill.*

LALA BOYD
WINNIPEG, MAN.

*She is honest both in thought and deed
Of generous impulse, and above all greed.*

BLUE AND WHITE



BEULAH BOURNS
SASKATOON, SASK.

*A heart, the fountain of sweet tears
And love, and thought, and joy.*

MAE M. CAMPBELL
WINNIPEG, MAN.

*As a student she's fair,
As a friend she is true.
Here's health, wealth and happiness,
Mae, to you.*

MARGARET CAIN
WINNIPEG, MAN.

*A little work, a little play
To keep us going—and so,
Good-day.*

ELIZABETH BYERS
FORT WILLIAM, ONT.

*A face with gladness overspread,
Soft smiles by human kindness bred
And seemliness complete that sways
Thy courtesies, about thee plays.*

FRANCES CONN
INDIAN HEAD, SASK.

*A merry heart, a willing mind
A hand that works to-day, to-morrow
Will seldom leave the work behind.*

BLUE AND WHITE



ISABEL CAMERON
WINNIPEG, MAN.

*My wealth is health and perfect ease;
My conscience clear, my choice defence
I neither seek by bribes to please
Nor by deceit to breed offence;
Thus do I live, thus will I die.*

ISABEL COLQUHOUN
DELORAINÉ, MAN.

There is no truer hearted.

LORNA CUSTANCE
SWIFT CURRENT, SASK.

*For manners are not idle, but the fruit
of loyal nature, and of noble mind.*

EVELYN CHITTICK
ANGUSVILLE, MAN.

*You are the soul of joy
Bright metal without alloy
Life flashes off a thousand ways
Through lips and eyes and subtle ways.*

BEATRICE CREASY
LUCKY LAKE, MAN.

*It is her joy
To think the best she can of humankind.*

BLUE AND WHITE



BARBARA DINGWALL
STOUGHTON, SASK.

*What boots it to repeat
How time is slipping underneath our
feet,
Unborn to-morrow and dead yesterday
Why fret about them if to-day be sweet?*

ALSA ELKIN
EMERSON, MAN.

*Yet graceful ease and sweetness void of
pride
Might hide her faults if she had faults to
hide.*

LILLIAN EMERSON
McCONNEL, MAN.

*Full of ambition and love for her work
She never yet has been known to shirk.*

MIDA DODD
GRANDVIEW, MAN.

*A noble soul is like a ship at sea
That sleeps at anchor when the ocean's
calm
But when she rages and the wind blows
high
She cuts her way with skill and majesty.*

RUTH ELLIS
SIOUX LOOKOUT, ONT.

*A countenance which did meet
Sweet records, promises as sweet.
A creature not too bright or good
For human nature's daily food.*

BLUE AND WHITE



RUBY EVANS
GILBERT PLAINS, MAN.

*Keep your dreams, for in them lies
Joy denied to men grown wise.*

JESSIE FOWLER
BALDUR, MAN.

*One who always marched breast-forward
Never doubting clouds would break.*

ANNE GAMSBY
STRATTON, ONT.

*Good as the best
Tempting as the worst.*

CLARA FORBES
WASKADA, MAN.

*Now list to my answer
Let all the world hear it
I speak unafraid
What I know to be true.*

ROXIE FLEMING
HARTNEY, MAN.

*Here is a woman good without pretense
Blest with plain reason and sober sense
So unaffected, so composed a mind
So firm yet soft, so strong yet so refined.*

BLUE AND WHITE



DAISY GREENSIDE
FLEMING, SASK.

*And her modest answer and graceful air
Show her wise and good as her face is fair.*

HELEN E. GUGIN
MINNEDOSA, MAN.

*'Tis not in mortals to command success
But you'll do more, you'll deserve it.*

MARION A. S. HASTINGS
INDIAN HEAD, SASK.

*Welcome joy and welcome sorrow
Lethé's weed and Hermé's feather
Come to-day and come to-morrow
I do love you both together.*

ANNE GOODWIN
OAK LAKE, MAN.

Of credit infinite, highly beloved.

DOROTHY GABB
WINNIPEG, MAN.

*Endurance, foresight, strength and skill
A perfect girl nobly planned
To warm the heart, to comfort, and com-
mand.*

BLUE AND WHITE



IRENE HAY
FOXWARREN, MAN.

*A faithful friend is a strong defence
And one that has found you has found a
treasure.*

MILDRED HENDERSON
FRANKLIN, MAN.

*Joys are our wings.
Sorrows are our spurs.*

CATHERINE B. HOLMES
ROSEBANK, MAN.

*A full rich nature free to trust
Truthful and almost sternly just.*

JOSEPHINE HOWSON
CARBERRY, MAN.

*Dark and winsome, happy and gay
Josie's the girl to chase blues away.*

OLIVE HENDERSON
FRANKLIN, MAN.

*She doth laugh and maketh mirth
At the shadows of the earth.*

BLUE AND WHITE



ALVIRA HUSTON
BIRDTAIL, MAN.

*The gentle mind by gentle deed is known
For a woman by nothing is so well betray-
ed as by her manners.*

MURIEL JOHNSTON
DELORAIN, MAN.

*There is no lady in the land
Is half so sweet as Sally
She is the darling of our hearts
And she lives in our alley.*

VERNA KINGSBURY
ROULEAU, SASK.

*The sea hath its pearls
The sky hath its stars
1929 has Verna.*

ETTA HIDER
LONDON, ENG.

*With gentle yet prevailing force
Intent upon her destined course
Patient and useful in all she does.*

RUTH JOHNSTON
EMERSON, MAN.

*A good nurse
A true pal
A real girl.*

BLUE AND WHITE



ADABEL KETCHESON
LA VALLEE, ONT.

*With tongue so keen
And heart so kind
The face of an angel
Hides the devil behind.*

LYNETTA LEE
NEWDAL, MAN.

*A sunny exterior hides a nature that is
serious, earnest and capable.*

EDITH LUCOW
WINNIPEG, MAN.

*We doubt not that for one so true
There must be noble work to do.*

LILLIAN M. LYLE
LYLETON, MAN.

*She would not hurt by any selfish deed
Or thoughtless word the heart of a friend.*

ANNE LAW
WINNIPEG, MAN.

*An honest nurse as neat as a pin
Blue cloth without and a warm heart
within.*

BLUE AND WHITE



DOROTHY MATHIAS
FORT WILLIAM, ONT.

*Impulsive, earnest, prompt to act
And make her generous thought a fact
Keeping with many a light disguise
The secret of self-sacrifice.*

VERNA M. McDONALD
TILSTON, MAN.

*She loved what'er she looked on
And her looks went everywhere.*

MARJORIE GORDON MACKAY
DELISLE, SASK.

*Not clinging to some ancient saw
Not mastered by some modern term
Nor swift nor slow to change but firm.*

PEARL MILLS
WINNIPEG, MAN.

*To doubt her fairness were to want an eye
To doubt her pureness were to want a
heart.*

JESSIE MacLEOD
CHARLOTTETOWN, P.E.I.

*A tireless worker, a steadfast pal
Someone to go to when all's not well
So roguish a smile, so subtle a wit
Most surely acclaims Charlottetown's
bit.*

BLUE AND WHITE



LILA MILLER
PORT ARTHUR, ONT.

*A smile and a warm heart finds a
multitude of friends.*

JESSIE McNEILL
FOXWARREN, MAN.

*O give me the heart that is cheerful and
gay
The face that the smiles of good humour
illumine
The converse that sparkles with wit all the
day
And at eve can enlighten the moment
of gloom.*

ELEANOR MARTIN
VIRDEN, MAN.

*A life that leads to gracious ends
Sweetly and steadily.*

JESSIE McGREGOR
WINNIPEG, MAN.

*So let the way wind up the hill or down
Through rough or smooth the journey will
be joy.*

JEAN MACHRAY
WINNIPEG, MAN.

*A gentle mien, a heart serene
Bestower of peace, our little Jean.*

BLUE AND WHITE



ELSIE McPHAIL
NEEPAWA, MAN.

*Her gentle manner changes never
Constant and true you will find her ever.*

DOROTHY NICHOLSON
FRANKLIN, MAN.

*Let's scatter flowers instead of thorns
The world is what we make it.*

NELLIE PATRICK
WINNIPEG, MAN.

*A girl of life upright
Whose guiltless heart is free
From all dishonest deeds
Or thought of vanity.*

GLADYS NELSON
WINNIPEG, MAN.

*Happiness quite unshared can scarcely
be called happiness, it has no taste.*

IRENE OLIVER
CARBERRY, MAN.

*A girl at first you're puzzled at
But knowing her you wonder that
You were so blind as not to see
Her veiled personality.*

BLUE AND WHITE



DAISY POWELL
OXBOW, SASK.

*They are never alone that are accom-
panied by noble thoughts.*

MARJORIE PUTTEE
WINNIPEG, MAN.

*Blessed is she who has the gift of making
friends
For it is one of God's best gifts.*

MARJORIE ROSS
DELORAINÉ, MAN.

*Blessed are the happiness-makers
Blessed they who know how to shine
On one's gloom with their cheer.*

ELVA PRINGLE
WEYBURN, SASK.

*To know is to like
To like is to love.*

LILLIAN ROE
PORTAGE LA PRAIRIE, MAN.

*Her loveliness I never knew
Until she smiled on me.*

BLUE AND WHITE



LILLIAN M. ROSS
MINNEDOSA, MAN.

*Every just life tends to make a harmony
of the whole world.*

CATHERINE L. TRENAMAN
HANNA, ALTA.

*Happen what there can I will be just
My fortune may forsake me not my
virtue
That shall go with me and before me still
And glad me doing well, though I fear
ill.*

ANNE WARHAM
GAINSBORO, SASK.

*Pure and true affection well I know
Leaves in the heart no room for selfishness.*

EVA ROWLETT
GILBERT PLAINS, MAN.

*Her gesture, motion and her smile
Her wit, her voice, our hearts beguile.*

ETHEL WILSON
WINNIPEG, MAN.

*It's the songs ye sing and the smiles ye
wear
That's a makin' the sunshine everywhere.*

BLUE AND WHITE



FRANCES WATT
ARCOLA, SASK.

*She has a heart that never hardens
A temper that never tires
And a touch that never hurts.*

MAISIE YELLAND
MINAKI, ONT.

One to-day is worth two to-morrows.

PHYLLIS WEBSTER
FORT WILLIAM, ONT.

*A generous mind that never enjoys its
possessions so much as when others
are made partakers of them.*

BLUE AND WHITE

Fifty-seven Years of Service : 1872-1929

THE WINNIPEG GENERAL HOSPITAL

Has a property valuation of almost two million dollars.

Expendes \$750,000 annually; practically all in Winnipeg.

Without endowment, must depend on the fees from patients and gifts for maintenance.

Is a town in itself within the city, population averages 1000.

Never closes its doors. The key was lost fifty-seven years ago.

Number of people who have received treatment, 380,000; 23,000 last year.

It draws its patients from an area 1000 miles across.

Provides accommodation for all classes of the community.

Educates doctors in conjunction with the university of Manitoba; 989 up to the present time.

Graduated 96 nurses last year, making 1,131 since the school for nurses opened.

General stores with a yearly turnover of a quarter million dollars.

Engineering department with staff of engineers, machinists, electricians, steamfitters, plumbers, tinsmiths, etc.

N 7681—this switchboard handles up to 700 calls an hour.

Every day 2900 to 3200 meals are prepared and served.

Record room has individual case reports for 180,000 patients in the last 16 years—a library in itself.

A pharmacy where 325 prescriptions are dispensed daily.

Laundry washes 1000 pieces an hour; 2,600,000 a year.

Has a maternity where 852 babies were born in 1928.

Out patients visiting the 18 general and special clinics number from one to two hundred a day.

Staff of 86 doctors give their services without remuneration in general wards and out-patients.

Psychopathic clinic was the first of its kind in Canada.

Illustrating progress in one generation; average stay in hospital reduced by more than one-third; death rate to [one-half].

The social service department, the pioneer in Canadian hospitals, dealt with 8,477 cases in 1928.

A fully equipped X-Ray department takes 70 radiographs a day.

Laboratories have a staff of ten for the investigation of disease.

BLUE AND WHITE



Some of Our Doctors

F. McKinnon, Rorke, Victor, Gilmour, McEachern, P. Bell, Omerod, McCann, A. C. McKinnon, Cadham, Coad, Hutchinson, White, Mitchell, R. D. Fletcher, Boyd, Waugh, Cameron, Turner, W. M. Musgrove, H. McKay, Coulter, Harvey Smith, N. J. MacLean, A. M. Campbell, Lehmann, F. G. Hamilton, Shubin, Fraser, Jackson, Alleyn, M. Hollenburg, Nicholson, Hogg, Pincock.

BLUE AND WHITE



Internes

H. Hastings, H. Medovy, P. Merrett, K. Borthwick Leslie, H. Meltzer, W. Leslie, L. Montgomery, A. Deacon, J. Nylander, G. Ferguson, B. Watson, A. Payne, S. Larson, G. Ryan, M. Sigvaldson.
 H. Evans, N. Elvin, Dr. Coppinger, L. Bell, E. Holland.
 W. Tufts, W. Turvey, G. Allison, R. Vant.



Ten Little Doctors

One little doctor,
Looks you through and through,
Can't diagnose your case,
Then there are two.

Two little doctors,
Failing to agree
Call a consultation,
Then there are three.

Three little doctors
Poke you o'er and o'er
Send for a specialist,
Then there are four.

Four little doctors,
Wonder you're alive,
Another brings a stomach pump,
Then there are five.

Five little doctors
Trying fancy tricks
Order in an alienist,
Then there are six.

Six little doctors
Preparing you for heaven,
In comes an M.D.
Then there are seven.

Seven little doctors
Decide to operate,
Call in a surgeon,
Then there are eight.

Eight little doctors,
Think it's in your spine,
Ask for a neurologist,
Then there are nine.

Nine little doctors,
All of them are men,
Call in Mary McKenzie,
Then there are ten.

Ten little doctors
Standing by your side,
Come to a decision
Find that you have died.

BLUE AND WHITE



Staff Nurses

F. McElroy, M. Baldwin, K. Cunningham, W. Hermanson, E. Larmer, J. Goddard, G. Clee, O. Wicks, I. Anderson, K. Ross, M. Backman, A. Bjarnason, H. Johnson, H. Coram, C. Hunter.
 M. Coventry, M. Bruce, A. McNeil, Mrs. Harry, M. Graham, M. Grundy, E. Moss, M. Shumway, E. Vollett, M. Duncan, B. Pearston.
 T. Wiggins, A. Hjalmerson, E. Taylor, D. Suhring, V. Paget, F. MacLeod.

BLUE AND WHITE

Don't!

Don't be late for prayers in the morn,
Or you'll be punished as sure as you're born.

Don't wear colored hose, if you value your life,
If you do you'll find training one perpetual strife.

When the ringing bells ring, don't let your eyes close,
If you do, you'll never have time to powder your nose.

Don't wear your uniforms up to your knees,
If you do, you'll be bound to feel more than a breeze.

Don't come in later than 10 px
Or the T.S.O. you will surely vex.

Don't stand outside with Tom, Dick or Harry
Send them right home and do not tarry.

Don't turn up your nose at the meals or curse
Before you die, you may have to eat worse.

Don't flirt with the housemen whatever you do
Or quickly you'll find that your training is through.

Don't dare to be anything else but proficient,
Even then you'll find that, that is'n't sufficient.

Don't lend your money, your clothes, or your shoes,
Or anything else that you don't want to lose.

Don't mix your medicines, tablets or pills,
If you don't want your patients to suffer more ills.

The Nurse's Revenge

(With apologies to GILBERT & SULLIVAN)

My object all sublime
I shall achieve in time,
To make the punishment fit the crime,
The punishment fit the crime.

And make each prisoner pent,
Unwillingly represent
A source of innocent merriment,
Of innocent merriment.

The "Sup" so proud, so sharp and so loud,
Hanging o'er us just like a cloud,
Shall be made to "shoot" trays
Till she shakes and she sways,
And begs to be one of the crowd.

The Surgeon Bold, so grim and so old,
Who cracks not a smile, and speaks but to scold.
Shall be put in a cage,
Where he can quiver with rage,
Till the sheiks of the desert grow cold.

And the Maid sedate, who tells you you're late,
When it's three past ten, and a Heavy date,
Will wait for her Groom,
In a mighty big room,
Yes she'll wait and she'll wait, and she'll wait.

And the interne so fit, who thinks he's got IT,
When as a matter of fact he hasn't a bit,
Shall be allowed to neck,
Yes he shall by heck,
With an ostrich that's plastered and lit.

And the Houseman, poor boy, who answers his calls,
And two-page orders he writes and he scrawls,
Shall be put in a sink
Of indelible ink,
With Arabic all over the walls.

The staff man short, with the sharp retort
Who comes sharp at eight, to get the "sister's" report.
Shall be tied to his bed
With an ice-cap to his head
Till he's late for the heavenly court.



Student Life and Activities

1929

Student Government

EXECUTIVE

<i>President</i>	-	-	-	-	BEATRICE CREASY
<i>First Vice-President</i>	-	-	-	-	LILA MILLER
<i>Second Vice-President</i>	-	-	-	-	CATHERINE LUNN
<i>Librarian</i>	-	-	-	-	MARJORIE MACKAY
<i>Social Convenor</i>	-	-	-	-	ISABEL CAMERON
<i>Secretary</i>	-	-	-	-	IVABELLE WEBSTER
<i>Treasurer</i>	-	-	-	-	JESSIE HARCUS

ELIZABETH BYERS
ISOBEL GERVIN
EDITH BARR

VERNA KINGSBURY
GRACE CAMERON
AGNES MCCABE

THE student government executive has met regularly during the past year to discuss the problems of the school and plan for future activities. Since 1924 this organization has been active and it is our hope that year by year it will gain in prestige and usefulness.

There are many advantages derived from this form of self-government. It helps the students, especially those holding office, to become aware of the pressing need of organization in the nursing profession and is a splendid training in executive ability. It keeps the training school authorities in closer touch with student thought and activities. Also as individuals, we have all reasonable liberty while in training and are made to feel the poor sportsmanship of overstepping and abusing our many privileges. It helps to establish *esprit de corps* and good will in the school which the old system could not hope to. In spite of all our many advantages we must guard against too lax observance of our laws and an occasional checking up is necessary. Our court of appeal is always at hand ready and willing to help the students' executive solve their difficulties.

During the past year we have been working hard and with gratifying success, to organize sport groups in the school. The following groups were organized—swimming, out-door, skating, badminton, and basket-ball. We were greatly assisted in this work by a generous donation from Mr. Symington. We hope that the work we have begun along this line will be carried on with ever increasing success.

The system of proctors for keeping order in the home has been carried out as formerly. To act as proctor is a duty not always pleasant but a duty which should be carried out faithfully and could be made light by the co-operation of the students. Some of our minor duties have been the care of the orthophonic and the piano, the purchase of daily newspaper for the reception room, the purchasing and sale of school note paper and greeting cards. We have also tried to help individual students who came to us with problems to solve.

We wish future executives every success and hope that each student will realize her responsibility as an active unit in this organization and that its success depends on co-operation.

Our Lectures

A great deal of our time during the past three years has been taken up with lectures and study. Although at times we have come unprepared to classes, or at others slept peacefully through them from sheer weariness, we realize that we have been exceedingly fortunate in our opportunities for study and in having such splendid lecturers.

We are much indebted to the following staff doctors for their efforts on our behalf:

DR. D. S. MACKAY	<i>Gynecology</i>	DR. J. R. DAVIDSON	<i>Diet in Disease</i>
DR. PERCY BELL	<i>Ophthalmology</i>	DR. R. R. SWAN	<i>Tuberculosis</i>
DR. R. B. MITCHELL	<i>Obstetrics</i>	DR. O. BJORNSON	<i>Obstetrics</i>
DR. F. MCKINNON	<i>Gynecology</i>	DR. E. S. MOORHEAD	<i>Medicine</i>
DR. C. W. BURNS	<i>Gynecology</i>	DR. W. BOYD	<i>Pathology</i>
DR. H. MCKAY	<i>Dermatology</i>	DR. F. G. MCGUINNESS	<i>Obstetrics</i>
DR. A. T. MATHERS	<i>Psychiatry and Neurology</i>	DR. F. A. YOUNG	<i>Diet in Disease</i>
DR. G. W. FLETCHER	<i>Oto-Laryngology</i>	DR. E. J. WASHINGTON	<i>Oto-Laryngology</i>
DR. B. OLSON	<i>Tuberculosis</i>	DR. M. R. MCCHARLES	<i>Surgery</i>
DR. W. WEBSTER	<i>Anesthesia</i>	DR. W. A. MURRAY	<i>Tuberculosis</i>
DR. W. M. MUSGROVE	<i>Psychiatry and Neurology</i>	DR. H. P. H. GALLOWAY	<i>Orthopedics</i>
DR. J. D. MCQUEEN	<i>Obstetrics</i>	DR. W. A. GARDNER	<i>Orthopedics</i>
DR. H. BELL	<i>Ophthalmology</i>	DR. A. W. DAVIDSON	<i>Dermatology</i>

We also owe a debt of gratitude to the following lecturers:

DR. J. C. BARNES, Selkirk	<i>Psychiatry and Neurology</i>	MISS G. HALL, Public Health Dept. . .	<i>Public Health Nursing</i>
DR. C. A. BARAGAR, Brandon	<i>Psychiatry and Neurology</i>	MR. A. OFFICER, City Health Dept. . .	<i>Sanitation</i>
DR. GORDON CHOWN	<i>Pediatrics</i>	MISS CHRISTINE GRANT, Municipal Hospitals—Nursing in Com-	
DR. D. MCINTYRE	<i>Communicable Diseases</i>	municable Diseases.	
DR. HOLLENBERG	<i>Diet in Disease</i>		

Last, but not least, we wish to thank our staff nurses for their lectures and willingness to explain away our difficulties at any time.

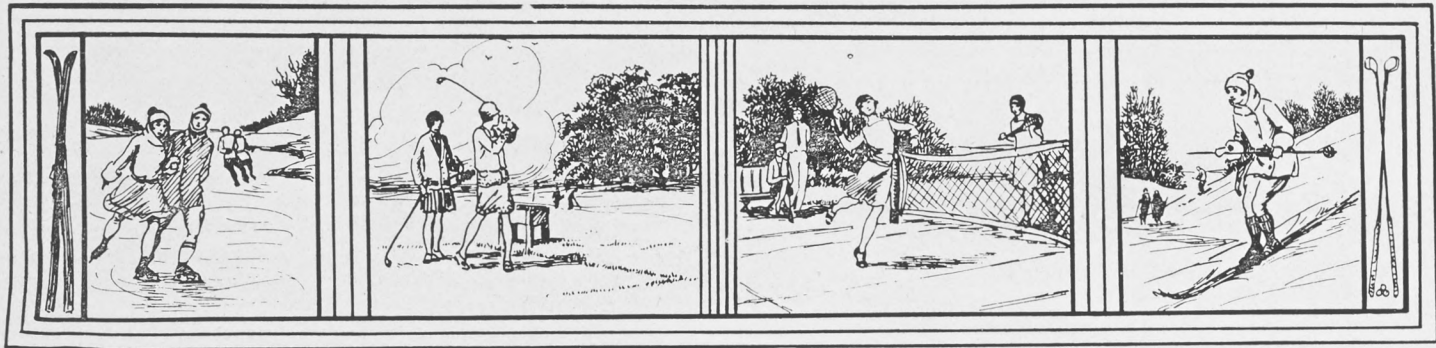
BLUE AND WHITE



Glee Club

V. Steele, N. Regehr, C. Lunn, H. Smith, E. Chittick, K. Yellowlees, I. Colquhoun, E. Rowlette, M. McKay, J. Neilson, H. Huggard, E. Regehr, B. Creasy, M. Hart, A. Suderman,
 G. Gourley, H. Toews, C. Holmes, D. Gabb, Miss M. Backman, Professor Stanley Osborne, M. West, R. Preloski, B. Baker, A. Gilbert,
 M. Mackay, E. Coote, L. Clarke, P. Adams, J. Lamb, E. Anderson, G. Cameron, A. Effler, M. McKee, A. Sigbjornson

-3-



Sports Review

FIRST of all we feel that "Sports" have played a greater part in the school this year than in any preceding year. Five different sport groups, namely: badminton, skating, out-door, basket-ball and swimming have operated successfully during the winter-months. Much of this success we owe to the generous gift, donated by Mr. H. SYMINGTON for the furtherment of athletics amongst the nurses, to DR. MCLEOD for his willingness to place the medical "gym" at our disposal whenever possible, and to the Student Council for their constant encouragement.

Badminton Group:—Has devoted Saturday nights to "bird-chasing" with much success. Has also added two new racquets and several "birdies" to their equipment.

Skating Group:—Has had a very active winter. Skating night has proven very popular and several enjoyable evenings have been wiled away at the Winnipeg skating rink. Due to the conspicuous absence of the stronger sex, our more skilled members were obliged to take over the guidance of their less accomplished sisters. Their

duty was fulfilled very commendably and no permanent disabilities have been reported as yet.

Out-door Group:—Has indulged in hiking and tobogganning. The members realizing importance of a proper diet in the nurses' life terminated each evening of exercise in a sumptuous repast.

Basket-ball Group:—Has faithfully spent Thursday nights in quest of the science of basket-ball. It has acquired a beautiful new ball and a very efficient whistle. The latter was thoughtfully donated by our faithful spectator the janitor. The group has decided *en masse* that a good game of basket-ball refreshes and stimulates the most jaded personality and gets rid of excess bad humor.

Swimming Group:—Has transformed itself into a band of mermaids when the elements would permit. The members have enjoyed two jolly parties, appetizing refreshments aiding much in the recuperation of their weakened condition after their aquatic gambols.

Prognosis: Excellent! We are anticipating an enjoyable summer of tennis and swimming.

Student Christian Movement

<i>STUDENT</i>	Open to all students signifying their interest in it.
<i>CHRISTIAN</i>	To the extent that it urges consideration of the contribution of Jesus to our life. "I come that ye might have life and that ye might have it more abundantly."
<i>MOVEMENT</i>	In that it is not finally organized but developing and going on.

The S.C.M. was established in Canada in 1920 and in our school the same year; we being the first and still one of the few schools for nurses to belong to the Movement.

During the past few months keen enthusiasm has been shown by quite a few members of our school.

The officers for 1929 are as follows: President, ANNE LAW; Vice-President, IVY WEBSTER; Secretary-Treasurer, DOROTHY FRANCKLIN; and Treasurer, ALICE REICHEL. Successful meetings have been held on the second and fourth Tuesday of every month and on Sundays sing-songs were held.

One or two representatives from our S.C.M. have attended the following series of addresses at the University: (1) "The Idea of God in an Age of Science;" (2) "A Modern View of the Bible;" (3) "What is Meant by the Divinity of Jesus;" (4) "What is Prayer and How

Does it Work;" this last address being also given by Rev. Olsen at one of our own meetings.

Other activities we have participated in were the S. C. M. supper meetings held in Broadway Baptist; interesting lectures given in various churches by such famous speakers as Gunsekuka the Hindu missionary, and Rev. Dr. Rolls from the Bible School in New Zealand. We were also able to send IVY WEBSTER as representative to Manitoba's first S. C. M. conference. The one day confederation was held at the Cabbage Patch, January 12th, 1929.

Our Aims for the Coming Year.

- (1) Every S. C. M. meeting a success.
- (2) Every one of our students' interest caught and held in this world-wide fellowship movement.
- (3) Every S. C. M. sing-song a success.
- (4) A delegate sent to the June conference at Jasper.
- (5) A successful Silver Tea to finance the above.
- (6) A contribution to the National Movement.
- (7) A club room established where students interested in the Movement meet in true fellowship.

Our page would not be complete without extending our appreciation for the support given by our School Superintendent, Miss GRANT and for the unfailing interest shown by our Honorary President, Miss M. REID.

When a bit of sunshine hits ye—
After passing of a cloud,
When a fit of laughter gets ye,
And ye'r spine is feelin' proud,

Don't forget to up and fling it
At a soul that feelin' blue
For the minute that you sling it
It's a boomerang to you.
—"The Boomerang" CAPT. J. CRAWFORD

BLUE AND WHITE



Intermediates

H. Huggard, A. Reichel, L. Poyner, E. Love, C. Mills, N. Pentland, M. MacKay, C. Udow, F. McRae, K. Walker, C. Lunn, W. Forbes, K. Yellowlees, C. Foster, A. Kenyon, M. Dowler,
L. Moore, M. Ross, J. Landy, P. Adams, G. Mulligan.
M. Goodall, B. Rogan, E. Coote, L. Clarke, F. Christian, E. Anderson, E. Lipsett, R. Presloski, A. Effler, M. Bennie, E. Regehr, K. Chestnut, M. Kilborn.
J. Neilson, D. Francklin, H. Foews, M. West, G. Cameron, J. Lamb, A. Howard, D. Bates, E. Bole, G. Gourley, N. McKee, B. Morris, M. Wallace.

"The Correct Nineteen-Thirties"

SOME twelve months ago we hesitatingly entered the social world of the school. Now we burst in with a shining halo of glory. Some one said "The Correct Nineteen Thirties"; of this title we are exceedingly proud, and until the very last straggler has left we hope to deserve it still.

Our social affairs commenced in the fall. In October, one section celebrated its first anniversary, and no mean celebration either, as those who were there will tell you. We left the home *en masse* for the Cabbage Patch, where "song and dance" prevailed, not to mention games, sleight-of-hand, contests, and speeches. Of course the most important of all was the supper. After an evening full of fun we came home very well content with the first year in training.

Next came our first class affair. The function was a theatre party, the place the Walker, the play, "*The Taming of the Shrew*," very much enjoyed by all, even to the extent that we, for financial reasons, were unable to visit Symes for some time.

The weather was so fine in November that we decided to have a hike, so we did despite any little obstacles as public park guards leaving their gates open and then flashing their flash light in our faces (just like making rounds at night with certain people) and then enquiring who and what our business. However youth and beauty, as usual, held the uppermost hand and we were allowed to proceed on our way unmolested, only to end up after a long walk at Child's a tired and hungry crowd. After being reinforced with soup and crackers, ice cream and coffee (at a reasonable price) the last stage of the hike was made home in the rain—so ended the second successful affair of the season.

Winter and lectures put a stop to hiking, so we took to "teaing." Every month we took, and "take" our turn at being hostesses to the staff and school. 'Snuff said. However, we are generally agreed that the afternoon work goes much better when there is a cup of tea, a sandwich and a piece of cake inside of you. We now know why the supervisors are so pleasant about four-thirty.

In February another section of the class had a dance. Two years behind them was the occasion of this extravagance. The Marlborough provided the dinner, a good floor, a splendid orchestra, and each girl provided herself with that sometimes necessary "article" known as man. Nevertheless, some of the men still tell about that party, and any who were listed amongst the "those missing" list, wish they had been on the "those present" list.

Last, and not least, was Valentine's day. Two months of worry, planning and bustle terminated in one short evening, but that evening was crowned with success. One interne, of last year's vintage, was heard to remark that of all the parties he hoped to be asked to, this came first. He came. We hope the evening came up to expectations, it exceeded ours. The room was decorated with hearts, cupids and streamers, while a number of colonial bouquets peeped out from a green background. The luncheon was a novel departure from the customary ones in the school. It was a buffet one and thanks to the help of a certain lady on the staff and the co-operation of the girls, was carried off with great success.



BLUE AND WHITE



Juniors

C. Taylor, I. Petch, A. Sigbjornson, I. Duncan, E. Orton, C. Dawson, A. Chown, M. Bethel, P. Palsson, M. Lytle, L. Thorvaldson, O. Dennison, N. Willis, O. Thomas, W. Rice, J. Carruthers, A. Suderman, M. McKay, G. McConaghy, V. Steel, E. Anderson, M. Olson, I. Windross, K. Mudd, M. Davidson, D. McLean, K. Stevenson, A. Holden, J. Malcolm, D. Low, M. Donaghy, D. Muir, E. Blankstein, E. Birt, A. Billinkoff, V. Turner, L. Campbell, A. Asmundsen, E. Bair, E. Henry, V. Smith, H. Norrie, S. Bird, A. McCabe, D. Park, I. McLennan, M. Scott, R. Glazier, L. Pettigrew, E. Rorke, E. Crossen, G. Sinclair, K. Warham.

BLUE AND WHITE



The Jolly Juniors

BLUE AND WHITE



Probationers

M. McNeil G. Craig F. Clegg R. Brown A. Bush U. Fotheringham S. Fisher E. Metcalf M. Arthur M. Melville
 K. Martinson, B. Norton, J. Hall, F. Stratton, M. Pownder, D. McKenzie, V. Buckdreker, D. Parsons, E. Holland, C. Brown.
 F. Borgford, M. Pearson, M. Long, M. Ryan, F. Steves.

We are always in a hurry,
When we're wearing of the blue,
We are always in a worry,
And we don't know what to do.
If we're walking, if we're talking
Yes, and if we're breathing too;
We are wondering—are we blundering
When we're wearing of the blue.

We are bossed and we are scolded,
When we're wearing of the blue,
If the linen is not folded
They are sure to blame us too;
If we're late or if we're early
If the treatments are not through
'Tis because we're slow and poky,
When we're wearing of the blue.

There are those who are kind and thoughtful
Though we're wearing of the blue,
But 'tis true we do assure you
That these nurses are but few.
You may be in greatest hurry,
You may have a lot to do.
But you stand and hold doors open
Till the white caps all get through.

When you leave the elevator,
OH! beware, what'er you do,
Look behind, and look before you
Look to right and left side too;
If there are any white caps near you
Or a black band comes in view
Let them all get off before you,
When you're wearing of the blue.

When you come in to Assembly
The first morning they look you through
"The New probies have come" they giggle,
How it smarts that dress of blue,
When you leave you wait your elders
'Til the last ones all get through
Then in timid pairs atrailing,
Come the little line of blue.

You must work, you must study,
While you're wearing of the blue,
'Til your head feels dense and muddy,
Then exams—they come on you
And the older nurses tell you
"Hurry up, oh do get through
We were always so much quicker,
When we were probies like you."

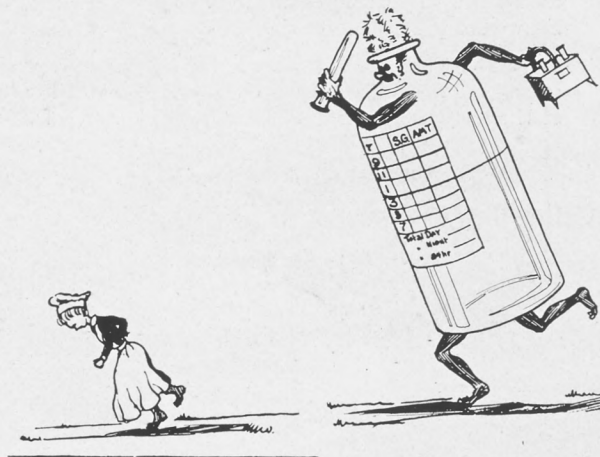
“We gave treatments, did up patients,
Passed ice water—all were through,
Took temps and did the charting,
Ere we left at nine like you,
We had never time for study,
Classes came when work was through,
Spite of that, we all were brilliant,
While wearing of the blue.”

But the days of old probation,
How we love and live for you,
How then can we do without you,
Dear probation days of blue,
You will soon be passed and over
Other probies will come in view,
Let us then remember always,
How they feel—those day of blue.

Pro Days

Pro days, pro days,
Dear old glorious pro days
They were the days that we had to step,
Eager and gentle and full of pep,
How we did fear that wrecking crew
The little girls each dressed in blue
Now we are grads,
We can't forget
When we were shy little pros.

Tune—"School Days."



G FLAT NIGHTMARE

BLUE AND WHITE

1929 Social Events

Senior

OUR first social venture of the year took place on Friday, October 28th, in the form of a masquerade dance. Weird Jack-O'-Lanterns lent the reception room an air of enchantment. Everyone including "staff" and "staff doctors" turned out *en masse*. Gypsies, dusty sheiks, bold, bad pirates and dainty Victorian maids did much to produce a colorful atmosphere. Some time was spent in the discovery of one's friends, but this feat accomplished, all abandoned themselves to the spirit of Hallowe'en. When the music ceased at the magic hour of 12, it was unanimously voted the best dance for years.

Under the auspices of the W. G. H. Student Council, the dear little girls of the Nurses' Residence were most delightfully entertained at a Christmas-tree party on the evening of December 24th. Each class was responsible for a very entertaining stunt and we are sure that if any fond parents could have been present they would have been more than proud of their off-spring.

Santa Claus, looking plump and rosy as ever, presented each one with a suitable gift from the beautiful tree. The happy faces of the recipients must have warmed the cockles of that dear old

gentleman's heart. The evening was concluded with refreshments and games.

The New Year's Feast on January 1st, 1929, met with the usual success. Much credit is due to Mrs. Grant Miller for the very attractive tables and beautifully served dinner. Class songs and yells rendered by both pupils and staff produced a feeling of good fellowship. Having eaten largely and well the assembly adjourned to the reception room. Dancing and merry pranks were the features of the evening which sped all too quickly.

Our next social venture was a dance on January 4th which was very successful. After tripping the light fantastic from nine p.m. till 12:30 a.m. we dispersed with regret that the evening had been so short.

Graduation festivities will mark the culminating social event of our three years. Beginning with our own farewell dinner dance we will engage in a merry whirl of pleasure until commencement itself. Anticipation is somewhat tinged with regret, but we know these will be experiences to be treasured in our hearts for many years.

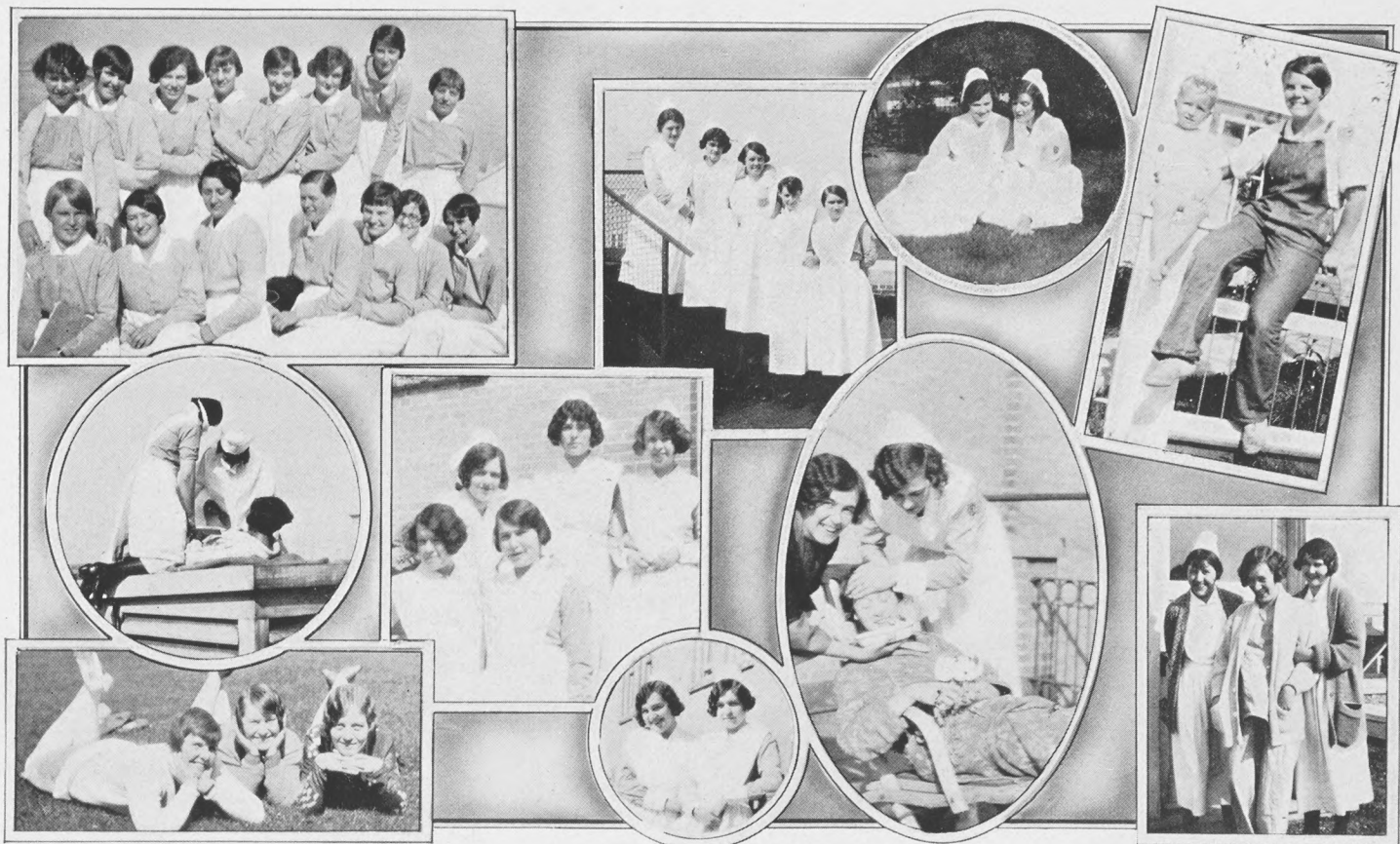
Class Yell

ARE we slow?
No! No! No!
Have we speed?
Yes indeed!
Can we nurse?
We might be worse
Aren't we fine?
1929.

School Yell

CHING aling, a-ching chow,
Biff, bang, bing,
Sculdetus, dressings, crutches and slings;
Croton oil, olive oil, castor oil too;
Lysol, benzol—we offer them to you;
Cut you up, sew you up, bandage you up tight,
Rub you, tub you, make you sleep all right,
Winnipeg General Hospital! Hurrah!

BLUE AND WHITE



The Snappy Seniors

Get Out and Get Over to Symes

Tune—"Get out and get under the moon."

What do you do in the evenings,
When you don't know what to do,
Read a book, wash your sox,
All the time we're on the rocks,
What do you say if I tell you how
To keep from feeling blue?
My advice is good to take,
And its easier to do.

When the gangs all alone any old night,
And they're feeling mighty blue,
Take off your cap, grab up your keys,
Get out and get over to Symes.

Coffee, toast and pie, and a doughnut too,
You'll be feeling fuller soon,
Get out and get over to Symes
Eat, eat, eat up the toast and pie,
Drink, drink, drink-up the coffee and cry,
"Oh boy! give us a lunch at Symes."

All you've got to do any old night,
When you're feeling out of tune,
Take off you cap, pick up your keys,
Get out and get over to Symes.



CLASS SONGS

Class Song, 1929

Tune—"Girl of My Dreams."

Oh dear! It seems years since we started,
Since we were probationers green,
We've often been broken-hearted
But things weren't as bad as they seemed.

Caps, bibs and cuffs come together,
We felt like nurses at last,
Our junior year had ended
No one regretted it past.

Intermediates! Oh! All those classes!
Obstetrics and O.R. Technique,
Five hour duty and no late leave passes.
It certainly makes us feel sick!

Senior Year! Still taking classes,
But then we are not quite so blue,
For time—Oh, how quickly it passes,
We're counting the weeks till we're through.

Our three years service near ending,
Many the friendships made,
It won't be so easy parting,
Let not our friendship fade!

'Neath the Crust of the Old Apple Pie

*Tune—"Neath the shade of the Old
Apple Tree."*

'Neath the crust of the old apple pie,
There is something for you and I
It may be a core that the cook just dropped in,
Or it may be a dear little fly.
It may be an old rusty nail,
Or a piece of chinese tail,
But whatever it be it's for you and me,
'Neath the crust of the old apple pie.

My Salary

Tune—"My Rosary"

The hours I work for thee dear cheque,
Are ones of drudgery to me
I toil from dawn till dark for thee,
My salary, my salary.
Each thought of thee, great joy doth bring,
Thinking of all I now can spend
I count each cent unto the end,
And wish 'twere more,
My salary, my salary.

Night Nurse's Song

It's six o'clock in the morning,
We've worked the whole night through,
The day staff soon will be coming,
Just the big ward to do.
Bells, blankets and mosenthal,
All take so much of your time,
So please don't blame the night nurse, girls
If they are behind.

The Social Service Department

THE Social Service Department serves as a connecting link between the needy individual and the helpful society or organization. The physician recognizes symptoms and seeks for the underlying cause of disease. The trained social worker recognizes social symptoms of human distress and their underlying cause and strives to remedy them, hence greatly aiding in the restoration to health of the individual mentally, morally, and physically.

Our department in the almost twenty years of its existence has increased its staff ten-fold to fit the needs of the hospital both in the care of public ward patients as well as the out patients' clinics.

Each worker is in charge of a branch of the work with MISS POLLEXFEN as the head of the department. Lucky indeed is the student nurse who is privileged to take a two months' course in this work and has gained a slight knowledge of each of its many phases. It broadens one's vision and shows the need for thoroughly trained workers. No other field of nursing calls for greater personality.

RICHARD CABOT the most successful of social workers has said "Gratitude is the motive of social work." There is an urge within us which creates a desire to pass on to the world as much of the knowledge and beauties of nature as we ourselves have gained. Hence our education must forever go on so that we will have something truly worth while to pass on to the less fortunate.

"Life is the mirror of king and slave,
It's just what you are and do,
So give to the world the best you have
And the best will come back to you."

The Library

IN the year 1919 MRS. W. H. GARDNER made a generous gift towards establishing a library for the nurses. Since that date the library has advanced by leaps and bounds, until the year 1929 finds it one of the valued assets of the student-nurses.

Cheerful chintzes, easy-chairs, and well filled book-shelves have done much to produce an atmosphere conducive to thought and study. Current magazines and the daily press, so carefully arranged on the various table-tops, are apt to catch one's eye, and who shall scold if temptation proves too great and text-books are cast aside for a peep into more worldly events?

We are fortunate in having as our librarian such an efficient person as MISS FOGARTY, who takes a personal interest in our work and is both helpful and understanding.

The library is increasing in usefulness. This year it has been frequently used for lectures on various subjects. It has been our good fortune to have as our speakers: PROF. ALLISON, who chose as his subject "Canadian Authors"; MRS ROGERS, who spoke on "Women and Politics"; PROF. KERR on "Religion in an Institution"; DR. A. T. MATHERS on "Personality"; MR. WOODSWORTH on "Citizenship"; and MRS. McWILLIAMS on "The Value of Reading;" MRS. McWILLIAMS has also given us a series of Current Events all of which have been greatly enjoyed and appreciated, especially as a nurse's life is so much taken up with her work that she is apt to neglect outside interests.

The library is growing daily in popularity, and we look forward to the day when not only a few, but all of us, will be using it to acquire the knowledge of that which is best in our profession.



MISS R. N. FOGARTY
LIBRARIAN

BLUE AND WHITE

Horoscope

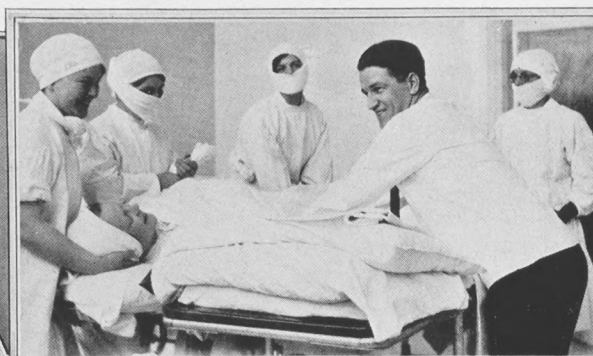
NAME	Known as	Appearance	Expression	Noted For	Hobby	Ambition
Aikman, Margaret	Marg.	Professional	Kid, say!	Efficiency	Dancing	To go to Honolulu
Andrew, Margaret	Andy	Willowly	And that's that	Her kindness	Reading	A.P.G. in New York
Byers, Elizabeth	Betty	Petite	Oh, heavens	Disposition	Tillie and teas	To be a good scrub nurse
Brownell, Mildred	Brownie	Deep	Hel-p!	Affairs	Men	Staff at W.G.H.
Boyd, Lala	Lala	Capable	Dear, help us!	Going to Symes	Admir'g pretty clothes	To travel
Brown, Enid	Brownie	Fragile	Good Lord	Feeding us all	Playing her gra'phone	To get fat
Bourns, Buelah	Bourns	Innocent	Oh, say	Changing her mind	Doing fancy work	Staff position in Saskatoon
Cain, Margaret	Cain	Good natured	Oh, you know!	Dancing	Her aunt	A P.G. in eye and ear.
Cameron, Isabel	Sparky	Boyish	Tush, tush!	Pep	Basketball	To write book
Campbell, Mae M.	Cam	Professional	God love him, he's a pet	Eating	Writing letters	To be a good scrub nurse
Chittick, Eve	Eve	Coquettish	Bozo	Flirtations	Going out	Staff in O.R.
Colquhoun, Isabel	Isabel	Refreshing	Goodbye, dear, see you later	Her kindness	Mothering the rest of us	To help others.
Conn, Francis	Connie	Secretive	Good Lord!	Kidding the troops	Going to shows	Travel with Marion
Creasy, Beatrice	B	Business like	Listen!	Giggling	Skating	To be a P.H. nurse
Custance, Lorna	Lorna	Deceiving	Darn it all anyway	Sarcasm	Hockey	To travel
Dingwall, Barbara	Barb	Unconcerned	O, Gee!	Nervous and mental	Crushes	India
Dodd, Mida	Mide	Capable	Say, kids	Being a good nurse	Visiting	To be a P.H. nurse
Elkin, Alsa	Alsa	Capable	o-o-o-O-O!	Her dimples	Embroidery	Matrimony
Ellis, Ruth	Ruth	Snappy	For de hevings sakes	Taking late leaves	Dancing	To travel
Emerson, Lillian	Em.	Happy	How about it?	Good work	Going out	A Bungalow
Evans, Ruby	Rube	Pleasant	Oh, Gad!	Stepping out	Dancing	To have a good time
Forbes, Clara	Forbes	Matronly	Be Gosh	Going east	Collecting pictures	To go to Europe
Fowler, Jessie	Jess	Proper	Oh, my dear!	Writing home	Shop. with Faun & Dode	Social position
Fleming, Roxie	Roxie	Trim	Oh, Anne no!	Staying up later than any- one else	Parties in her room	To enjoy life
Gabb, Dorothy	Dot	Wholesome	Darn	Boxes from home	Going to aunts	To special
Greenside, Daisy	Dais	Old fashioned	Goodness sakes	Cake from home	Writing letters	To go to Florida
Goodwin, Anne	Goodie	Jovial	I don't give a billy	Being a good scout	Making cakes	To be an ideal bachelor
Gamsby, Anne	Gamey	Trig	You old devil	Even temper	Sleeping	To get animated
Gugin, Helen	Gugie	Professional	Is it worth while?	Week-ends	Clothes	Honeymoon in Europe
Hastings, Marion	Shorty	Tubby	O gee, kids	Taking Fleish'n's yeast	Giggling	To go to McGill
Hay, Irene	Hay	Perky	Woofy	New shoes	Going Shopping	To finish
Henderson, Olive	Hendy	Boyish	Darn	Interest in other sex	Interest in other sex	Going out
Henderson, Mildred	Millie	Meek	Great Scott	Going to band concert	Sweet William	To be a staff nurse
Hider, Etta	Hider	Hurried	Ye Gods	Chicken supper	Making tea	To graduate with the 29s
Huston, Alvira	Huston	Blond	I am so tired	Conversational ability	Reading	A perfect home
Holmes, Catherine	Holmes	Jaunty	Well, by darn	Candid opinions	Reading	To travel

BLUE AND WHITE

Horoscope

NAME	Known as	Appearance	Expression	Noted For	Hobby	Ambition
Howson, Josie	Housie	Determined	Hot diggity	Being off for dinner	Washing hose	Entertain friends at dinner
Johnston, Muriel	Sally	Snappy	Shoot the boots off you	Telling a good one	Piano	Undiagnosed
Johnston, Ruth	Johnny	Youthful	Oh! . . . **?!	Stepping out	Being on time	To be independent
Kingsbury, Verna C.	Verna	Neat	For the Land's Sakes	Financing the gang	Eating down town	To be a staff nurse
Ketchison, Adabel	Addie	Angelic	I don't care	Sarcasm	Going to shows	A tall dark man with lots of money and a good dancer
Law, Anne	Anne	Lovable	Holy didaly	Kindness to others	Skating	To take a P.G. in T.B.
Lee, Lynetta	Lindy	Misleading	Varied	A long apron	Reading	Travel, preferably in a Lizzie
Lucow, Edith	Luke	Dark	O, kid, I was thrilled	Worrying	Dancing	To do her best
Lyle, Lillian M.	Lyle	Proper	Preserve us	Sleeping with eye open	Writing letters	The west, a nest and You
Machray, Jean	Jean	Quaint	Jove	Lovable disposition	Teas	To travel
Martin, Eleanor	Martie	Sweet	O Goodness	Talking	Reading	Matrimony
Mathias, Dorothy	Dot	Different	Hell's bells	Dependability	Going out with Alf	A bungalow for two
Mackay, Marjorie	Marj.	Boyish	Well—let me see	Candid opinions	Politics	To be a P.H. nurse
Mills, Pearl	Pearl	Fair	Aha, she cried	Her laugh	Reading	To be a P.H. nurse
Miller, Lila	Lila	Easy going	Marvelous	Attending choir prac'e	Going out	Far away fields
McDonald, Verna	Mickey	Jovial	Oh, say	Sleeping in lectures	Going out with him	A bungalow
MacLeod, Jessie	Jessie	Jolly	For cat's sake	Going to church	Teas	To go to New York
McPhail, Elsie I.	Mac	Timid	Poor soul	Neatness	Going to bed	To go to New Zealand
McGregor, Jessie	Jess	Attractive	Oh. Kids	Being a good nurse	Visiting	To be a P.H. nurse
McNeill, Jessie	Mac	Innocent	What causes that?	Telling another	Parties	Honolulu
Nelson, Gladys	Gladys	Good natured	Oh, kids!	Her disposition	Movies	To Nurse in U.S.A.
Nicholson, Dorothy	Nick	Lanky	My dear	Being a good scout	Going out	To finish training
Oliver, Irene	Oliver	Serious	Oui! oui!	Her string of saf'y pins	Reading	To whistle like Dr. Grant
Patrick, Nellie	Pat	English	Kiddo	Her own ideas	Sewing	To go north
Powell, Daisy	Powell	Happy	I'll tell them off	Losing things	Reading	To be a missionary nurse
Pringle, Elva	Elva	Different	Oh Gar	Playing the piano	Swimming	To go to U.S.A. and make money
Puttee, Marjorie	Madge	Dreamy	You know	Her quietness	Going home	P.G. at McGill
Roe, Lillian	Roe	Flighty	Whooppee	Stepping out	Eating out	To travel with Ruth
Ross, Lillian	Lil	Excited	Oh, Darn	Dates	Her interest in Eve	To travel and Matrimony
Ross, Marjorie	Marg.	Efficient	Oh, my dear!	Late leaves	Going out	To travel
Rowlett, Eva	Rolly	Refreshing	Did you really?	Stringing a line	Enjoying life	Travel
Trenaman, Catherine	K	Stubby	Well for goodness sake	Shop talk	The trousseau	Major
Warham, Anne	Anne	Capable	You old rascal	Good Nursing	Corner store with Kay	A P.G. in surgery
Watt, Frances	Fran	Neat	Say, listen	Crushes	A good time	A coon coat and a Ford
Webster, Phyllis	Tillie	Happy-go-lucky	Oh, my dear	Having a good time	Dancing	To go abroad
Wilson, Ethel	Ethel	Petite	For goodness sake	Giggling	Taking the gang home	The Flin Flon
Yelland, Maisie	Maisie	Jolly	Certainly	Her laughter	Having a good time	To enjoy life.

BLUE AND WHITE



Reminiscences of the O.R.

The Operating Room

"Miss O.R."

The dreaded summons at last! The following morning finds one at prayers with sickly countenance and quaking knees. Prayers and breakfast over, one bravely proceeds to the hospital, climbs up two flights of stairs and with a last anguished look passes through the swinging doors that mark the entrance to the O.R.

A long corridor with mysterious doors on either side meets the distracted gaze. Someway, somehow in a brief gown of white and a cap to match, a dusting basin is thrust into helpless hands. Your O.R. career has begun.

The first morning, contrary to expectation, passes rather uneventfully. Nothing more exciting than doors to dust and lunch to make. In the afternoon one dries instruments and more instruments and so endeth the first lesson.

As the days progress the quaking sensation subsides and courage returns. One learns that four of the doors lead to the operating

theatres, the remainder being the entrances to the sterilizing room, supply room and laboratory. By accumulative experiences one learns the why and how of "scrub-ups," "solutions," "surgeons' gowns," and many other mysteries. With the increase of knowledge comes added opportunities for experience and happy is the day when one blossoms forth into a full-fledged waiting nurse.

The next novelty is the "duck-pond"—gloves to the right of you, brushes to the left of you. "Where, oh where shall I begin?" Undaunted the human duck, accoutred with grotesque rubber apron, wades in, and not until the table is resplendent in a coat of "Liquid pet" and the last flask tucked away in its proper niche, does she dare to breathe a sigh of satisfaction.

Five weeks up! It just can't be! "How can I leave Miss TAYLOR, COVEY and everybody?" But it's only too true. The five dreaded weeks have really been crammed full of excitement, tragedy and humor, topped off by real fellowship. So it is with very reluctant feet that most of us for the last time pass through the swinging doors marked "O.R."

The Surgeon's Hands

His face? I know not whether it be fair,
Or lined and grayed to mark the slipping years.
His eyes? I do not glimpse the pity there,
Or try to probe their depths for hopes or fears.
Only upon his wondrous hands I gaze,
And search my memory thro' too fittingly
To voice their loveliness. In still amaze

I bow before their quiet dignity.
They make the crooked straight and heal old sores;
The blind to see; the war torn clean and whole.
Thro'out the suffering world they touch the doors
That open wide to life. The bitter bowl
Of pain they sweeten till the wary rest
As tho' the hands of Christ had served and blest.

BLUE AND WHITE

Class Will

The Graduating Class of 1929 of the General Hospital Training School do make
and publish abroad this, our last Will and Testament :

Miss Grant—A BSc. degree with honors.
Dr. Stephens—Best Wishes.
Dr. Webster—Ideal mouth wipes.
Dr. McGuinness—Continued success.
Dr. Grant—More anaesthetics.
Dr. Aikenhead—Silk lingerie.
Dr. Boyd—Rare specimens.
Dr. Mathers—A brass band on inspection morning.
Dr. Rorke—A nurse who can hold bottles for ten babies at once.
Mrs. Harry—Better health.
Dr. G. Fletcher—Nurses with curly hair.
Dr. H. Smith—A dustproof corridor.
Dr. Hunter—A P.G. in penmanship.
Dr. D. S. McKay—Another pink petticoat.
Miss McGilvray—Wide-awake night nurses.
Dr. Prowse—An extended J.D.R.
Class 1930—A perfect class like ours.
Dr. Waugh—More brainy cases.
Miss Wiggins—Our admiration.
Our Supervisors—More nurses.
Dr. Simpson—More cigarettes.
Dr. R. Mitchell—Stirrup drapes.
Dr. W. E. Campbell—Post operative p.r.n.'s
Miss McElroy—The "rest" she's earned.
O.P.D. Staff—More room to work.
Pros.—Three happy years of training.
Misses Hunter, Coram and Campbell—Babies arriving according to
Hoyle.
Dr. Washington—Good service.
Dr. D. McLean—A little more sleep.
O.R. Staff—Drs. without personal hobbies.
Dr. Brandson—The other half of his O.R. glasses.
Dr. Leishman—Accurate nurses.
Dr. Young—A portable ash tray.
Dr. Fahrni—More Gatch beds.
Dr. Mann—A new roll of adhesive.

Dr. Lehman—An understanding heart.
Miss McLeod—More "Wards" to manage.
Drs. McLean, Thorlakson, Blakie and Hay—Co-operation.
Dr. Burrige—Thrills and heart throbs.
Dr. Gibson—Standing orders for herniotomy.
Dr. Gilmour—Trousers without pockets.
Miss Pearston—Our love.
X-Ray Staff—Fewer requisitions.
Dr. Bjornson—Admiring audiences.
Dr. Warner—A diabetic diet.
Dr. Swan—Less taking ways.
Diet Kitchen Staff—Unchanged diet slips.
Mrs. Miller—A holiday.
Dr. Burns—Our highest esteem.
Miss Johnson—A nursery.
Mah Joe—New recipes.
Dr. A. M. Campbell—Braces and a belt.
Dr. Gunn—More time.
Dr. Gardner—Gambler's luck.
Dr. Pickard—Warm olive oil.
Dr. Alexander—A hole in one!
Dr. H. Bell—Perfect eye pads.
Drs. Galloway and McKinnon—Bumper crop of bunions.
Miss M. Reid—A well earned holiday.
Dr. Herbert—Out kind regards.
Psy. Staff—A quick lunch counter.
Dr. S. Campbell—A rose from graduation.
Dr. R. D. Fletcher—Nurses with red hair.
Dr. Hart—More perfect hearts.
Dr. Hollenberg—A monopoly on all sterile gloves.
Dr. Kitchen—A new stethoscope.
Dr. Morse—A monopoly on all instruments.
Dr. Murdoff—Longer visiting hours.
Dr. MacCharles—A bottle of Herpeicide.
Dr. H. McKay—That school-girl complexion.
Dr. F. L. McKinnon—A ticket to all Junior hockey games.

Class Will--continued

Dr. McQueen—A good night's sleep.
 Dr. Olson—Success.
 Dr. Turnbull—Another scrub nurse.
 Dr. Coppinger—A class of nurses immune to infected fingers.
 Class 1931—All our late leaves.
 Dr. Neilson—A lunch room.
 Dr. Buzz Bell—A noiseless tread.
 Dr. A. Murray—Perfect plaster.
 Dr. Davidson—Discovery of a new skin condition.
 Paddy—Our love.
 Dr. Black—A good tongue depressor.

Dr. Finkelstein—
 A white coat.

Miss Montgomery—
 Our sincere thanks for
 her kindness.

Dr. Elvin—
 More eats.

Dr. Evans—
 More hearts to break.

Dr. Montgomery—
 Better health.

Dr. Medovy—
 Nurses like ours.

Dr. Watson—
 A moustache to match.

Dr. Vant—"Happy days and lonely nights."
 Dr. Tufts—A harem.
 Dr. Paine—An "orderless" day.
 Dr. Corke—A trip abroad.
 Dr. Turvey—A substantial alibi.
 Dr. Nylander—More ambition.
 Dr. Hastings—Success.
 Dr. Meltzer—An answer to all questions.
 Dr. Deacon—Good luck.
 Dr. Holland—A control.
 Dr. Ryan—A moral nurse.

Dr. Larson—
 A drawing book.

Dr. Allison—
 The grace and poise of
 Cleopatra.

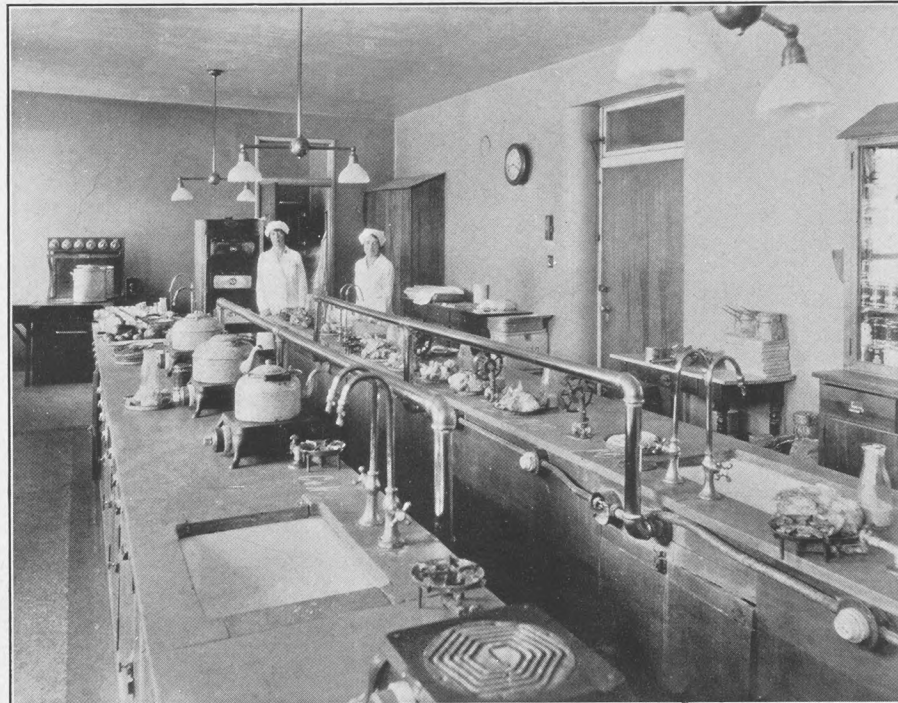
The Leslie—
 Twins.

Dr. Ferguson—
 Orange blossoms.

Dr. Sigvaldason—
 Less avoidupois.

Dr. Thordarson—
 "Go west young man,
 go west."

Dr. Merritt—
 One Violet.



THE DIET KITCHEN

BLUE AND WHITE

Autographs

Daigland
 Alvin Huston
 Maurice Wood
 Gladys Nelson
 Margaret Ruthless
 Henderson
 Chief McPhail
 Ruth Graham
 Marion A. S. Hastings
 Maymie K. Rose
 Eva Rowlett
 Pearl Mills
 Margaret L. Cairns
 Max. G. Campbell
 Catherine B. Robinson
 Dorothy Mathews
 Jessie McNeil
 Mildred Brownell
 Isabel Cameron
 Jessie MacLeod
 Fleming
 Gene Cantane
 1
 Zila Miller
 9
 Jean Machan
 Phyllis Webster
 Maria Yellow
 Edith Lucow
 Jessie McGregor
 2
 9
 Isabel Colquhoun
 Margaret Gilman
 Kaye Trenaman
 Vera Mc Donald
 Eleanor E. Martin
 Helma
 L. Patrick
 L. M. Ross
 Eve Chittick
 Lynetta M. Keeg
 Vera L. Kingsbury
 Jessie Fowler
 Addie Ketcheson
 Elsa Elkin
 Berulah Brown
 Arthur Thibault
 Barbara Dingwall
 Elizabeth Fowler
 Beatrice Greany
 M. M. Mackay
 Anne Law
 Lillian M. Kyle
 Helen Emerson
 Ruby Evans
 Gail Boyd
 Laura Ford
 Emid A. Brown
 Gene Oliver



Affiliated Organizations

1929

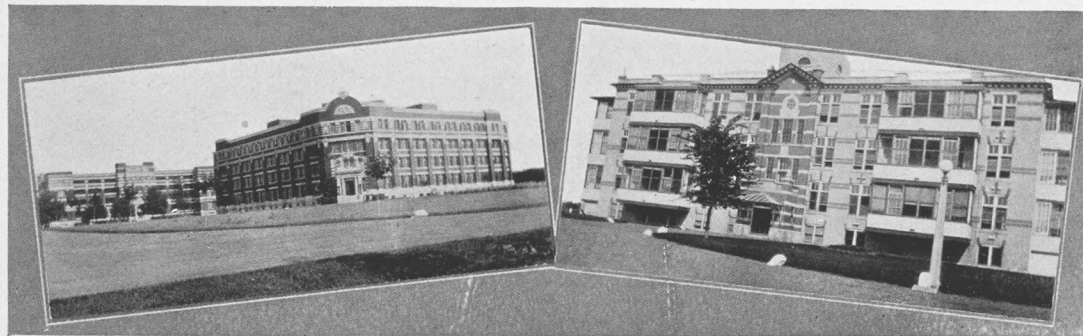
The Municipal Hospitals

FAR from the "madding crowd" of our fair city there lies a group of buildings known as the Winnipeg Municipal Hospitals. This group consists of the King George Hospital, the King Edward Hospital, the Annex and last, but not least, the beautiful Nurses' Home. It is to this destination, that each and everyone of us must journey for two months intensive training in the care of communicable diseases before we may consider that we possess a complete general training.

Ere many days have passed in its wards and corridors, "King George Technique" has permeated our very beings. We become filled with wonder and amazement that in our ignorance we have

To turn to the lighter side of our visit meals are a rare treat and Sunday morning breakfasts "*en negligee*" are especially worthy of mention. Much food, out-door sleeping and a leisurely atmosphere surely make for "Pep," but alas, they are also apt to augment the individual avoirdupois and many a nurse has viewed with horror the daily rounding curves.

Perhaps the greatest permanent result apart from technical knowledge is the comradeship which ripens between the students of different training schools, and many prejudices are justly thrown aside during their brief acquaintance.



KING GEORGE HOSPITAL

KING EDWARD HOSPITAL

been permitted to pass from childhood to maturity sans pocked-marked countenances, arthritis, nephritis, double mastoids, worms, or worse. The intricate and varied uses of the mysterious "individual" transform themselves into commonplace occurrences. We learn to speak of Koplex, serum rashes, intubation, desquamation, otitis media, etc., without flickering an eyelash. In our short sojourn at the King Edward the danger of the unprotected sneeze and cough is duly impressed on our young and plastic minds. Then one must not forget the Annex. If fate favors you and a luscious crop of Variolae has been gleaned but recently you will be initiated into courses of macules, papules, vesicles—and so on.

Discipline, one late-leave a week, and C.B's for unfortunate miscreants, proved rather trying to the more temperamental personalities, but these were soon forgotten in the course of more enjoyable events. So in closing it is with much thanks that the 1929 class of the W. G. H. offers their gratitude and appreciation to Miss ROBERTSON for kindly interest, to Miss GRANT for her witty and most instructive lectures and to the staff as a whole for their patience in the instruction of each new raw recruit.



The Margaret Scott Nursing Mission

"OH kids! I'm posted for the Mission! Hurrah! I've wanted it so much. I'm going to-night and Mac's coming with me. I'd be scared to death to go alone. They say it's on George St., somewhere near the C.P.R. station, but I haven't the foggiest notion how to get there."

"Why did you ask for the Mission?" "Why? Oh, everybody loves it down there—say it's one of the finest parts of their training. You know all the nurses live in the Margaret Scott Nurses' Home, and from there they visit and care for sick people all over the city who are not able to have hospital or private nursing care."

"It was organized in 1904 by Mrs. M. Scott, who did the first district visiting and nursing herself with a pony and cart. Others were interested in the project, and since then rapid progress has been made. From one nurse, as at first, it now has four staff nurses, six student nurses from the W. G. H. and two from the Childrens' Hospital, with a very adequate housekeeping staff."

"All types of cases are taken—maternity, surgical and medical—one man even urging that a nurse be sent to his home to give his son his weekly thrashing, and help to keep him in the 'straight and narrow!' When possible, the patient provides medicines or other supplies needed, but often, these have to be forthcoming from the

Mission cupboards. The undertaking is financed by voluntary contributions, and a grant from the City of Winnipeg. Well, must get packed now—see you next week."

"Hello, how do you like the Mission?"

"Oh I love it, and just to think that a whole week's gone already. I went out with one of the staff nurses the first morning after finding the hat, coat and kit bag that belonged to me. I wish everyone could visit some of these homes with us. We find every nationality, for the most part Central Europeans, putting up a good fight to get along in a new country whose streets aren't paved so thickly with gold as they had dreamed. Had my first night call last night. Funny feeling the first time the staff comes in and says "Dr. wants you out at If you hurry you can catch the last car (2 a.m.) and don't forget the porch light." You manage to catch your car, and then because you're the sole passenger, the motorman helps you look for your number, (of course we're on the friendliest of terms with all street car conductors, postmen and policemen, for aren't we all public servants?)

"I left the house at 5:30 and a wee new Canadian an hour old curled up so snugly beside his mother."

"Must run now. I've got to be in by 10:30 and good heavens! I've forgotten to give 'that complete verbal report.' Cheerio!

BLUE AND WHITE



Psychopathic Staff

Miss Timins	Miss Golding	Miss Crombie	Miss Haddon	Mrs. Mather
Miss Bennett		Miss Turner	Miss Glidden	

The Psychopathic Training

EIGHT weeks of our valued training are very profitably spent among the mentally ill. Many are our experiences, varied our impressions. May we tell you the story of those fifty-six days?

Monday morning we enter the ever locked door with fear and a spirit of adventure playing tag with one another around our hearts. Keys of many kinds, shapes, and sizes are given to us accompanied by a solemn warning. Curiosity is our companion as we begin our duties. Many dreams and imaginary pictures are broken that day. Nothing is as we imagined.

The first week passes quickly. Beds are made and remade. Cupboards are scrubbed and scrubbed again. All the patients have been washed and combed thoroughly over and over again. Monday, Wednesday and Friday have passed without mishap. By this time things are no longer strange. Habits, such as locking doors and counting knives, have been formed. We are at home with ourselves and our patients.

Our turn for evening duty. How we quaked! Seven to eleven, all alone and diets to be given. Each patient must swallow, gulp or spill her cocoa sweet to make her well. Now it's time to go to bed. Undress them! Well, it takes some skill and much diplomacy. A sigh of relief is given when by nine all is still. Each little pile of clothing, all neatly folded on the benches, gives us much satisfaction.

After evenings, nights are not so dreaded. With a light step and a joyous heart we come to work at eleven. All is calm and peaceful. Rounds are made half-hourly. During the intervals the

report is laboriously printed. Now for a little reading—but hark! what is that? We dash to the disturbed ward to find it much disturbed. Pillows, sheets and mackintoshes are found in every corner of the room. Order is at last restored. Once more we are free. So pass the hours of darkness—daylight at last. Each opportunity has been grasped, the specimen tubes are safely in the basket. Seeing our night's work coming to a close we happily prepare breakfast, keeping in tune with the chirpings of the sparrows.

The day staff arrive and we are free of worries and trials for another day.

Surprising, but after two weeks we have survived. Days, though strenuous at times, are welcomed. One nurse gives the baths. Sometimes to the patient and often to herself. Maybe we are lucky, having a prolonged bath to give, but sometimes even the best of luck turns just upside down. Waves are high and clothes are dripping but we stand by the helm. Then sometimes we go out walking. Such invigorating exercise—slow motion; and such chatter, "I don't want to go this way" "Let's go back"—"I wish I could go home again."

Days are varied, days are many—printing, scrubbing, cleaning, mending and a tussle or two. The last few days of training bring a sigh and

some times a tear. Psycho training has been pleasant, adventurous and educational. Anticipation of the difficulties were far, far greater than the realization. With an understanding heart and a sympathetic mind we turn from our psycho training and wish it were not ended.



BLUE AND WHITE



Social Service Staff

L. Arnold S. Pollexfen
N. Shaughnessy

E. Ironside
W. Stevenson

I. McDiarmid
G. Coultree

Mrs. Kulczycka J. Keir
B. Stoller

The Alumnae Association

THE members of the Alumnae Association extend congratulations to the Graduating Class and express the hope that the future may bring happiness and success to each one.

It is now about twenty-five years since our Association was formed by our Honorary President, MRS. A. W. MOODY, and others who felt that by such an organization they and the hundreds who have since graduated might be united for mutual help, that good fellowship might be promoted among them, that where possible the interests of our school might be furthered and that the standing of the nursing profession might be advanced.

Since that time the Alumnae Association has meant much to its members. It should mean much; we have reason to be proud of our Hospital and of those who have gone forth from it to carry on work in our own and foreign lands. We have been well represented in China and in India, where for a number of years the Alumnae Association has supported a native nurse. In edu-

cational and in other branches of nursing many of our graduates have done excellent work. We feel that we shall have reason to be as proud of what those of this year's class will be able to accomplish.

Our meetings are held the first Wednesday of each month, with the exception of July and August; the programme is varied. Sometimes we have interesting talks which tend to keep us interested in things outside of our work, sometimes a musical or social evening. We are affiliated with the Canadian Nurses' Association, thus keeping in touch with nursing affairs in our Dominion and in other countries, with the Council of Women of Winnipeg and with the Central Council of Social Agencies. Perhaps the strongest attraction the Alumnae holds for us is the opportunity it affords of keeping in touch with each other. We heartily invite you to join us; we shall benefit by the inspiration which you will bring to us and you will, we hope, be helped to maintain your connection with each other and with our school.

Ever just over the top of the next brown rise
I expect some wonderful thing to flatter my eyes,
"What's yonder?" I ask of the first wayfarer I meet,
"Nothing," he answers, and looks at my travel-worn feet.

"Only more hills and more hills, like the many you've passed,
With rough country between, and a poor enough inn at the last,"
But already I'm a move, for I see he is blind,
And I hate that old grumble I've listened to time out of mind.

I've tramped it too long not to know there is truth in it still,
That lure of the turn of the road, of the crest of the hill,
So I breast me the rise with full hope, well assured I shall see
Some new prospect of joy, some brave venture a tip-toe for me.

—CHARLES G. D. ROBERTS

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NATUR-ARCH SHOES

are specially constructed for those who
do a lot of standing or walking.

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289 PORTAGE AVENUE WALTER ROBINSON, Manager

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----on the Mall

The Nurse's "Mother Goose"

1. Sing a song of six bucks
No pocket full of rye,
Four and twenty places
Where it takes six bucks to buy.
When the purse was opened
The nurse began to sing
"I'll keep my cash as a souvenir
I shall not buy a thing."
2. MISS GRANT was in the office
Reading her reports,
The supervisor on the ward
Feeling out of sorts.
Her room-mate in the clothespress
Trying on her clothes
Was it any wonder
That she shrieked out all her woes?
3. There was a poor nurse who had a tight shoe
She had so many bunions she didn't know what to do,
She wore an old slipper without any toe
And had plenty of room for a fresh crop to grow.
4. Hickory dickory dock,
We curse the old hall clock.
The clock's struck ten!
The nurse's not in!
Let's dicker with the hickory clock.
5. There was a crooked interne
Who walked a crooked corridor.
He examined a crooked patient
And left a crooked order.
He looked at nurse's crooked cap
And shrugged a crooked shoulder.
She winked a very crooked wink
When he looked at her and told her.

(Continued on page 73)

BLUE AND WHITE

Confidence in the graduate nurse of today is well founded. Trained to meet the high standards of modern practice, her work is an essential supplement to the skill of physician or surgeon in increasing the chances of recovery and decreasing the period of illness. Wherever she exercises her profession in homes or hospitals, or in the vital work of health conservation and community welfare—her service is a boon to humanity and an asset to civilization. Where she is, there, too, may rightly be a greater confidence.

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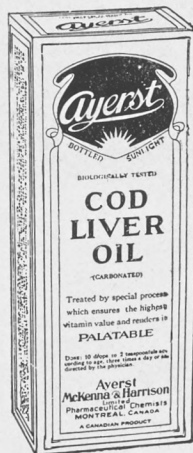
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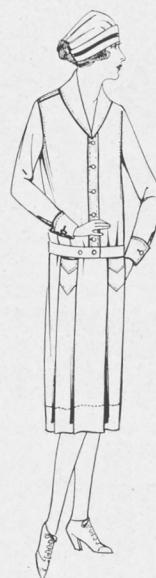
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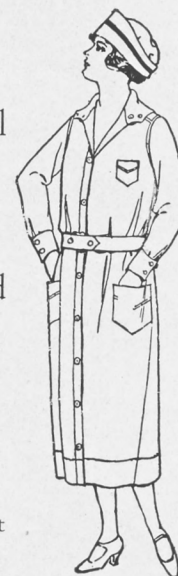
Corley Mercerized
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\$6.50 each
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We allow for shrinkage

In ordering, please give bust
measurement, height and
weight



Style No. 8600



Style No. 8400

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CORBETT-COWLEY
Limited

TORONTO
690 King Street W.

MONTREAL
1031 St. Antoine St.

BLUE AND WHITE

The Nurse's "Mother Goose"

(Continued from page 70)

6. Young nurse Huggard
Went to the cupboard
To get her poor patient a pudding
When she got there
The cupboard was bare
The special didn't take it, she wouldn't.
7. There was a doctor in our town
And he was wonderous wise,
If a nurse didn't hand him her scissors
He'd scratch out both her eyes.
And when he saw her eyes were out,
With all his might and main,
With wonderful plastic surgery
He'd scratch them in again.
8. Bobby Shafto's all at sea
Galloway's spikes are through his knee,
Lehmann's skin graft's on his face,
Simpson and Burns first dealt with his case,
Brandson's sutures in his tummy,
Nurse pronounced his head as crummy,
Mathers looked into his head,
Hunter ordered him to bed,
Poor old Bobby Shafto.

Doctor: Nothing but an operation will save your life.
Patient: And how much will that cost.
Doctor: About five hundred dollars.
Patient: But I only have a hundred dollars.
Doctor: In that case let us see what pills will do.

* * *

Teacher: Why, Marie! How can you come to school when your little brother has scarlet fever?
Little Mary: Well, Miss Brown, he's only my half brother.

Business Phone 22 522 Res. Phone 52 124

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DAY AND NIGHT
SERVICE

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571 MAIN STREET
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Wit and Humor

"Mrs. Green says she can't understand why her husband isn't well and out of the hospital long ago.

"She hasn't seen the nurse who attends him."

* * *

"Is this a genuine bloodhound?"

"Certainly. Oscar, bleed for the gentleman!"

* * *

"I've cut myself, and I'm bleeding to death!"

Pro—"Is there any way I can help you?"

* * *

Patient: "Doctor, the other doctors whom I consulted differ with you in the diagnosis."

Confident M.D.: "I know, but the autopsy will prove I am right."

* * *

Teacher: "What is the nitrate of silver?"

Student: "I thought it was the same as the day rate."

* * *

Onlooker: "Why are those surgeons hanging around the football field?"

Bystander: "They're waiting for skull practice."

* * *

1st. Stude: S-Say, c-can I have about twenty minutes of your t-time?

2nd: Sure, what do you want?

1st: 'Bout f-fifteen minutes conversation.

* * *

Senior to Pro: "Did you ever take chloroform?"

Pro: "No. Who teaches it?"

* * *

Nurse to Patient: "I want you to drink more water."

Patient: I'm afraid of rusting my iron constitution."

BLUE AND WHITE



When tired or your nerves become a bit
shaky

Make yourself a steaming cup of

“BLUE RIBBON”

There is no better stimulant or energiser

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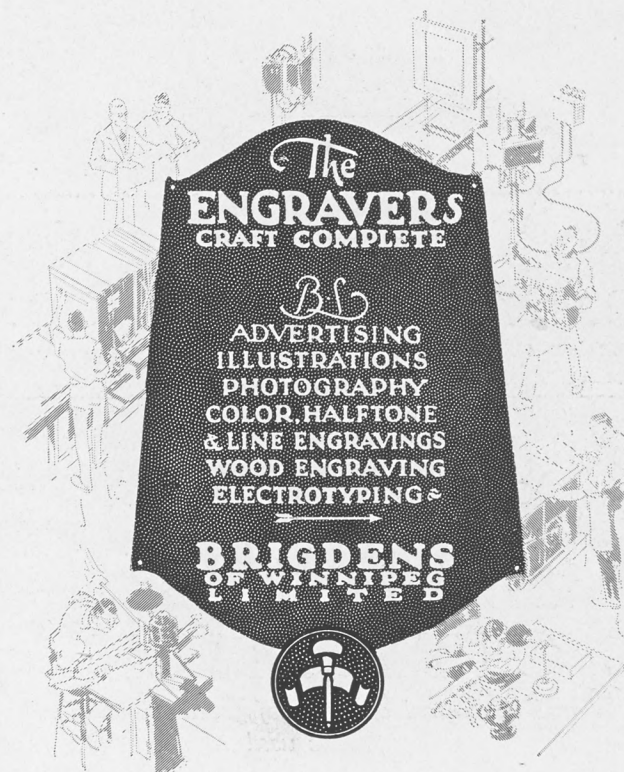
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Doctors Recommend

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*and be assured of every safeguard found in
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a specialty

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WINNIPEG

BLUE AND WHITE

Wit and Humor

"My operation wasn't serious in a way. It was a very small operation."

"Sort of an operetta, eh?"

* * *

Old Lady to Dirty Tramp: "Poor man, and is there no way to get rid of those cooties?"

Tramp: "That's easy. I take a bath in de sand, den rubs down wit alcohol. De cooties den gets drunk 'n kill each odder trowin' rocks."

* * *

"What are you doing in that tree, professor?"

"I'm hanging myself."

"But you must put the rope around your neck."

"I tried that, but I could not breathe."

* * *

Little Albert came home from school with a new book under his arm. "It's a prize mother," he said.

"A prize, what for, dear?"

"For natural history, Teacher asked me how many legs an ostrich had and I said three."

"But an ostrich has two legs."

"I know that now mother, but the rest of the class said four, so I was nearest."

* * *

Husband (reading latest about radio-television):

"My word! This opens up some wonderful possibilities dear."

Wife: "Yes, my love! Won't it be nice for me to be able to sit here and watch you working in your office when you are kept there at nights!"

* * *

Babs: "Daddy, dear, would you hate me to leave you?"

Dad: "Of course, I don't want to lose you, Babs."

Babs: "Then if I marry Frank, can we both live here with you?"

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MILK

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Crescent Creamery Company

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BLUE AND WHITE

Wit and Humor

First Mother: Did your boy win many prizes at college?

Second Mother (proudly): He was presented with bath towels by forty different hotels.

* * *

Papa (to his daughter who is coming in with the milkman:) Good morning, child of Satan.

Daughter: Good morning, Papa.

* * *

"Do you know how to tell a professor from a student?"

"Oh, all right, have your own way and tell it."

"Ask him what 'it' is, and if he says it's a pronoun he's a professor."

* * *

A lot of young ladies put off till to-morrow what they should wear to-day.

"Did you hear about the Scotchman who went insane in Chicago yesterday?"

"Go on if you must."

"Well, it seems he found a new lunch ticket but it was punched full of bullet holes before he could run inside the restaurant door."

* * *

"D'ye know about the disease they call auto-infection?"

"Sure, Dad's got it bad, three new machines this summer."

* * *

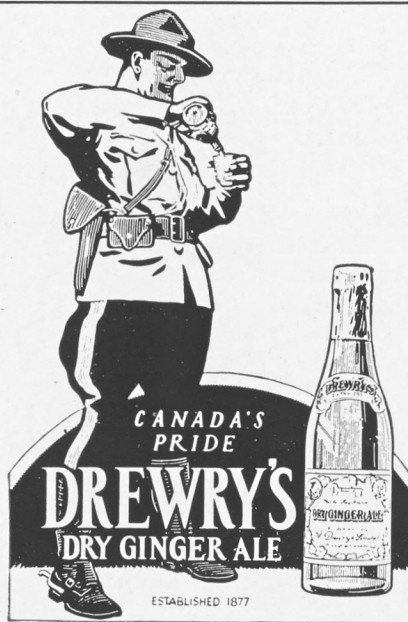
Admiring Interne: "You look good enough to eat."

Hungry Nurse: "I do eat."

* * *

Teacher: "Tell me, what do we get from the sun?"

Billy, waving hand, "Freckles."



DREWRY'S

DRY GINGER ALE

is a welcome refresher when you come off duty from a trying case—recommended too, by the medical profession because *Drewry's Dry* is pure and wholesome

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To really enjoy a visit to Winnipeg, you should make *The Marlborough* your headquarters, where a friendly welcome awaits you.

A. H. LOGAN, *Manager.*

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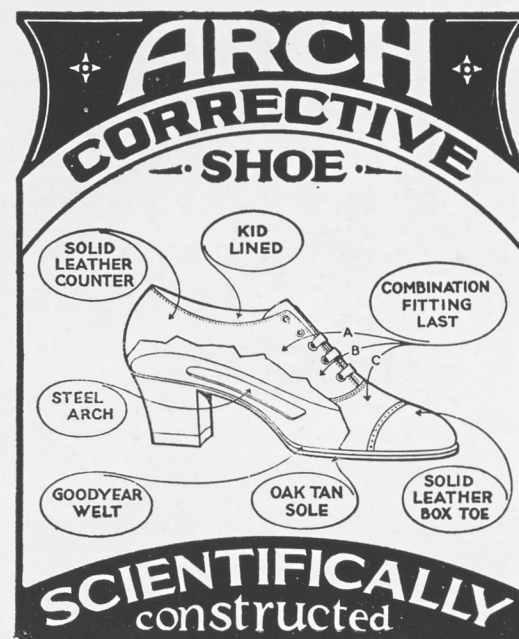
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\$3.50

Nurses' White Calf Oxfords
\$7.50

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\$10.00

Nurses' Black Kid, plain toe, cushion sole, rubber heel Oxford
\$4.45

Nurses' Corrective Straps, Ties, Oxfords
\$9.00

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Italy, France, Egypt, China—who does not dream of some day visiting these beautiful old countries?

TRUE you may find it a task to save the money to make your dreams of travel come true—many women of today do—it's so hard when all the stores are offering delightful things so dear to the feminine heart. But it is easier than you may imagine. What is needed is a regular system of savings, one where the returns are certain, and the money is not too readily available for spending off-hand.

Here it is that Life Insurance can help you. The plan is ideal and a lump sum will be provided at a definite date sufficient to fulfil your heart's desire, whatever it may be.

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ASSURANCE Life COMPANY
 HEAD OFFICE - WINNIPEG



*Our representative will be glad to explain the plan.
 No obligation*

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When you purchase merchandise here you can be sure it is of right quality and correct style, for our buyers carefully judge every piece before they select or reject it.

When you see an article advertised over our name you can be certain that the Quality is worthy of presenting to our customers no matter how reasonable the price may be.

We are now preparing a great Spring Festival of extraordinary values for the

ANNUAL MAY SALE

Watch for announcement in daily papers.

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PICARDY

are sure to please

BLUE AND WHITE

Wit and Humor

1. The Difference

"Little Boy, it makes me sick at heart to see you smoking."
"Well, Missis, it seems to catch me more in the stummick."

Credit

"Loan me five dollars will you?"
"Sorry, but I have but four dollars and seventy-five cents."
"Well, give me that. I'll trust you for the other quarter."

THE OPERATION

Nurse: "Let me take your pulse."
Out-patient: "Ain't got any, Doctor took it yesterday."

Margaret: Why did you stop going to Dr. McKenzie, she is a good dentist you know.

Isobel: But my dear, she was so boring she got on my nerves.

Frances: Did Dr. Elvin treat you?

Maisie: No, he charged me five dollars.

It takes sixty-four muscles to make a frown and only thirteen to make a smile—why frown?



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when you have removed from your present to another activity. This store features the best in home equipment, kitchen wares, furniture, floor coverings, cutlery, paints and finishes, trunks and bags, etc.

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BLUE AND WHITE

Wit and Humor

Proof

Jones: Your dog bit me.

A Neighbour: He did not!

Jones: Prove it!

Neighbour: First, my dog has no teeth; second, he is not ferocious; third, he is particular whom he bites; fourth, I have no dog.

* * *

"Will you kiss me?"

"Isn't that just like a man, always trying to shift the responsibility?"

* * *

Family trees aren't like others. In others, appearance of the sap is an indication of continued vigor.

* * *

Don't fall in love—the fall may break your heart!

* * *

Proprietor of Store (to new clerk): Son, go down in the cellar and get me some ammonia, but be careful and don't get pneumonia.

Clerk: But sir, how am I to tell the new from the old?

* * *

John aged six, was told that he had to go to the hospital to have his tonsils removed, and his mother was bolstering up his morale.

"I'll be brave and do just what you tell me mother," he promised, "but I betcha one thing, they don't palm off no crying baby on me like they did on you when you were in the hospital."

* * *

"Mother," cried little Mary, as she rushed into the farmhouse they were visiting, "Johnny wants the listerine, he has just caught the cutest little black and white animal and he thinks it has halitosis."

* * *

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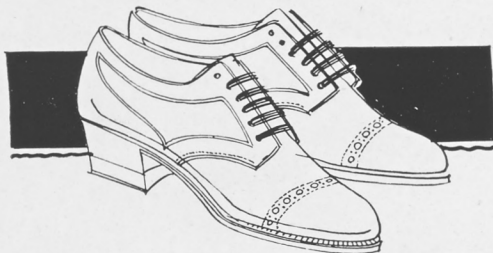
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A little thrill races through her,
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It comes from . . .

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BLUE AND WHITE

The Great Mirror

Smile into the face of the world and the smile comes back, render good service to others and good service is rendered to you—show a spirit of helpfulness and that spirit will surely send back aid to you of the right kind. Think good thoughts and the same good thoughts will be of you. The world is a Great Mirror which reflects the thoughts, acts, and ambitions of each individual.

* * *

Nurse: "Willie dear, don't you want to see the sweet little brother the stork brought you?"

Willie: "Naw, I wanta see the stork." (WHAT FOR?)

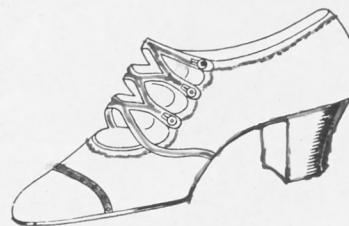
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the last is perfectly flat in the fore part instead of being rounded. This gives a flat inner sole with plenty of room for the foot to spread when bearing the weight of the body, especially in walking.

WHY

is the design of the steel Shank used in Arch-O-Pedic Shoes so superior?

BECAUSE

it is specially shaped in order to give support to the Longitudinal, Metatarsal, and Inner Arches. No other maker can use this shank, as it is patented by us and is used only in Arch-O-Pedic Shoes.

Rannard's

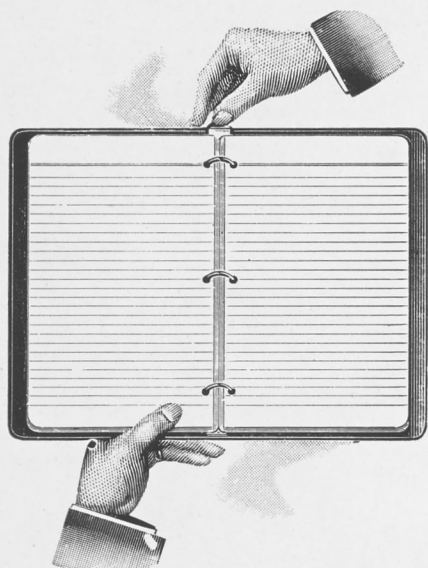
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Leather with stiff
or flexible sides.
Sizes from vest
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BLUE AND WHITE

When Day Is Done

The daily routine was over,
The nurse left her work for the night,
She went to her room discouraged
And pulled off her cap so white.

Was it something that she had forgotten
That keeps her from being glad
Why was her mind so troubled?
And why was her spirit sad?

Like a flash the day was before her,
Had her work been quite complete?
Had she quickly answered ringing bells
With a smiling face and sweet?

Had she failed in her infinite duty?
Her duty toward mankind?
She might have spoken more kindly,
To the old man, who was blind.

How about the girl in the corner?
Her courage began to shrink,
As she thought of the promise she'd given,
To take that girl a drink.

Not all day had she spoken a kindly word
To the man who had suffered so long,
Not all day had she offered him hope or cheer,
To fill his heart with song.

Had she entered the kiddies ward at all
And heard a cry of joy
From the little boy with the crippled back
As she stooped for his broken toy?

Had she offered one word of encouragement
To the "Dear Ones" waiting near?
Or answered their questions impatiently,
As if she didn't care?

Her thoughts were not idle for a moment,
Till she came to one clear fact
The routine she had not forgotten,
But where was her patience and tact?

To-morrow she would start again,
And think of each little thing,
To give the sufferer confidence
And peace and comfort bring.

—KRISTINE OLAFSON

"It is well for a man to respect his own vocation whatever it is and to think himself bound to uphold it and to claim for it the respect it deserves."—CHARLES DICKENS.

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BLUE AND WHITE

Wilma Wortman
385 Cartman

*"O, a wonderful ship is the ship of dreams
With sails of silver and gold,
A cargo of happiness glimmers and gleams
In the depth of her wonderful hold;
She sails an ocean as wide as the world
Whether skies be blue or grey,
May the breeze blow strong on sails unfurled
When she's bringing her cargo your way."*

145⁰⁰
PAS



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and the Company wishes to
take this opportunity of
offering congratulations to
the graduating nurses



Wilma Wortman

385 Carlton St.

Winnipeg

Man.

Dec. 27/32

